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## Film shoot **Waiting for a call?**

TODD KOSTYNIUK/METRO TORONTO

Brampton actor Michael Cera is shown, above and inset, yesterday between takes on the set of his new movie, Scott Pilgrim vs. the World, which was filming at Bathurst Street and Bloor Street.

# Right, wrong way to protest

## Premier says Gardiner shutdown not justified

**Sri Lanka should open the northern part of the country to journalists, aid workers and international observers, but the bloodshed and unrest in that country does not justify Tamil-Canadians taking over a busy highway for six hours, Premier Dalton McGuinty said yesterday.**

Thousands of Tamil protesters forced their way past police Sunday afternoon and marched onto the elevated Gardiner Expressway, trapping dozens of motorists and forcing police to close it and the Don Valley Parkway for up to six hours.

The rage and frustration over Sri Lanka's civil war boiled over after reports that an all-night artillery barrage in the country's war zone killed more than 370 people and forced thousands to flee to makeshift shelters along the beach.

"My daughter worked in Sri Lanka for close to a year as an aid worker, so I have some understanding of the nature of the challenges," McGuinty said.

"I understand the passions which are here, but having said that, there is a right way and a wrong way to protest."

A small handful of Tamil protesters were gathered on the front lawn of the Ontario legislature yesterday, which is exactly the place McGuinty said they should take their concerns rather than blocking city streets.

"They're always welcome to protest on the front lawn of Queen's Park or Parliament Hill," he said.

However, other Tamil protesters were gathered outside the Sri Lankan consulate in Toronto and police blocked off a section of University Avenue, just south of the legislature, in an apparent bid to prevent another protest from forming outside the U.S. Consulate.

A series of Tamil protests had closed the busy downtown thoroughfare for more than three days in late April.

McGuinty also said he was not going to second-guess police who closed the Gardiner Expressway and the Don Valley Parkway for up to six hours Sunday to accommodate the protesters.

THE CANADIAN PRESS

MORE COVERAGE, PAGES 3, 12

# Flu reported at University Health Network

**HEALTH** Officials of Toronto's University Health Network say four employees have tested positive for influenza A (H1N1), also known as swine flu.

Hospital president Bob Bell said only one of the confirmed cases — an employee at Princess Margaret Hospital — has had contact with patients.

Bell said in a release yesterday that all Princess Margaret Hospital staff members and patients have been asked to be vigilant with regard to flu symptoms.

Bell said the people have been mildly ill and are all expected to return to health quickly.

Earlier yesterday, Ontario confirmed 34 new cases of the swine flu since Saturday, bringing the total number of cases in the province to 110. Health officials consider all of the cases to be mild.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 8

### Patients

- A spokeswoman for the hospitals — Princess Margaret, Toronto General and Toronto Western — said patients are being urged to attend regularly scheduled treatments.

**Sports** pg 18

## Triano to helm Raps

## Sunny **Side**

**Follow Metro's SunnySide initiative as we help you find the good news around Toronto and Canada. This is also a Call to Action for you to send us your suggestions at torontoletters@metronews.ca, metronews.ca or on Twitter @metrotoronto.**

- Today
- **Lawrence Martin's National Report, pg 10**
- This Week
- **Paul Sullivan's The West View**

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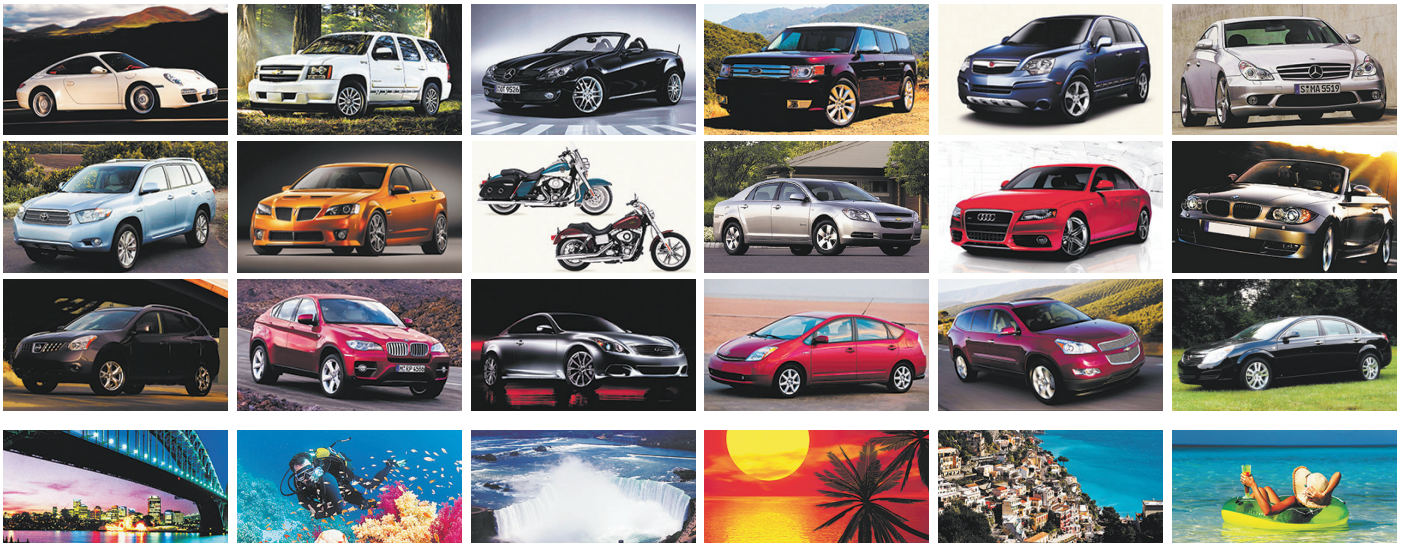

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**Track maintenance cuts hours on Scarborough RT**
The last trains will stop running around midnight until Nov. 21. An express bus will be available for late-night commuters. The last eastbound bus will leave Kennedy Station at 1:40 a.m., while the last westbound bus will depart Scarborough Centre around 1:25. TORSTAR NEWS SERVICE

# Local

## Using music to prevent hearing loss

**A newly launched pilot project is encouraging high school students to dial down the volume on their digital devices to help combat noise-induced hearing loss. Students at a Catholic secondary school in north Toronto took part yesterday in iHearYa!, a musical assembly blending live music and multimedia where they learned about the inner workings of the ear and what teens can do to protect their hearing from preventable damage.** THE CANADIAN PRESS


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## Tomorrow's Metro

**Travel**

Rome provides an unforgettable backdrop for Angels & Demons.

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WHAT'S ONLINE TODAY

**Your Money** Allan Small on how the U.S. bank stress tests were just one factor in the continued market rally at **metronews.ca/investing**

**Blogs** Steve Goff, the Washington Post's Soccer Insider, joins It's Called Football to discuss signs Montreal may be headed to the MLS sooner than later.

## Lotteries

**Ontario Pick 3:** 8 3 5; **Ontario Pick 4** : 8 7 7 8
**Encore:** 5017038
**Daily Keno:** 2, 7, 11, 13, 15, 20, 26, 27, 30, 31 33, 39, 49, 51, 55, 56, 57, 59, 63, 66
These results are not official.

## News in brief

**ACCIDENT** Commuters on GO Transit's Lakeshore East and Stouffville lines faced major delays and cancellations this morning after a pedestrian was struck by a train in Scarborough just before this morning's rush hour. Several trains were delayed, some for more than two hours, while others travelling between Oshawa or Pickering and Union were cancelled. The 5:47 a.m. train from Oshawa to Union was delayed two hours and 17 minutes. Three trains on the Stouffville line were also delayed due to a police investigation. GO Buses were not affected. Toronto police Traffic Services Sgt. Tim Burrows said the police investigation is ongoing.
THE TORONTO STAR

# Flag flap over Tamil protest

**The spectre of a banned terrorist group having taken part in a protest that shut down the Gardiner Expressway was raised by the Conservative government yesterday as Tamil-Canadians defended their controversial demonstration and said more action would be taken.**

The fight yesterday involved a flap over flags as Minister of International Co-operation Bev Oda said she noticed Tamil Tiger flags at the protests, including another one that shut down a major thoroughfare by the provincial legislature.

The Tamil Tigers were labelled a terrorist group by the federal government under Prime Minister Stephen Harper in 2006.

Later in the day, Oda's tone was tempered, saying that while she saw flags belonging to the terrorist wing of the Tamils, the humanitarian needs in Sri Lanka should be the focus.

"I think the major issue, the primary issue here is the concern of the civilian victims in Sri Lanka."

Some protesters chanted their support for the Tamil Tigers at Sunday's highway demonstration.

The thousands of people who flooded onto the Gardiner Expressway left only after receiving assurances the Liberals would raise their plight in Parliament, which both they and the NDP did during question period yesterday.

In a statement, Liberal Leader Michael Ignatieff said he would continue to press the Conservatives on the humanitarian crisis, but distanced the party from the demonstration itself.

The frustration over Sri Lanka's civil war boiled over after reports an all-night artillery barrage in the country's war zone killed more than 370 people and forced thousands to flee to makeshift shelters along a beach.

Protesters in Canada dispute the number, saying the death toll is in the thousands. THE CANADIAN PRESS

MORE COVERAGE, PG 12

RENE JOHNSTON/TORSTAR NEWS SERVICE

Silaseelan Yogilingam holds a Tamil Tiger flag while attending a protest at Queen's Park. Toronto Tamils continued their protesting yesterday with a relatively small presence at the Ontario Legislature. There were also protests outside of the Sri Lankan consulate at 40 St. Clair West.

# Police weigh factors in breaking up protests

A raucous, but peaceful Tamil protest that shut down the Gardiner Expressway and ended with a phone call from a Liberal official and not through forceful police intervention may cause police to act on future Tamil demonstrations differently, an expert said yesterday.

The disruptive action lit up Internet forums with calls for police to move in and end such demonstrations.

One expert on protest policing said the contentious protest Sunday may cause police to become less accommodating of the group.

"I would guess that their tolerance for these actions are going to go down considerably now," said Patrick Rafail, a doctoral candidate at Penn State University who wrote his master's thesis at McGill University on protest policing in Toronto.

Rafail said in such situations police must weigh many factors. In the protest Sunday that included the optics of breaking up a crowd that included children, he said.

"They would have had to have used probably some fairly heavy-handed tactics to get people off (the highway)," he said.

"They would have gotten a lot of bad publicity had they gone in with tear gas."

At one point police went behind the protest line on the highway and arrested two women and a man. The three face charges of assault on a peace officer and mischief interfere with property. THE CANADIAN PRESS

## Gardiner no place for children

The patience of Toronto police Chief Bill Blair ran out Sunday night when Tamil protesters marched children onto the Gardiner Expressway.

"Having children and elderly up front in a demonstration like that, I think it creates a very dangerous situation," Blair said at police headquarters yesterday morning.

Demonstration leaders defended the move, saying no children were on the front-lines when the highway was seized. TORSTAR NEWS SERVICE

# Frost shouldn't affect core

**GARDENING** While many across the GTA were scrambling to protect their precious plants yesterday, after Environment Canada issued a frost warning others — especially those in the downtown core — weren't as concerned.

It seems that the risk of frost up until Victoria Day weekend, the traditional planting date, varies depending on where you live across the GTA, says David Phillips, senior climatologist with Environment Canada.

**"Traditionally it's the May 24th weekend ... especially for anything tender and not frost-hardy."** David Phillips

For example, Phillips says the odds of downtown Toronto actually getting a frost in May are pretty remote. However, in areas north of Highway 401 and the outer environs of the GTA, the odds are slightly higher. The reason for the microclimate in downtown Toronto is quite simple: It's an urban heat island. The tall buildings, roads, cars and people radiate a lot of heat and keep the inner core much warmer than the suburbs, Phillips said.

To be safe, many gardeners — particularly in the outlying regions of Toronto — should wait until Victoria Day weekend to plant, said Duncan. "Traditionally it's the May 24th weekend for our climatic zone ... especially for anything tender and not frost-hardy," he said.

According to Phillips the chance of a frost wiping out your outdoor plants in your garden or urns if you live in the city on or after May 11 is virtually zero.
TORSTAR NEWS SERVICE

# Affluent young adults or 'cyber millennials' more likely to binge drink says study

**RESEARCH** Affluent, highly educated and tech-savvy young adults are more likely to engage in binge drinking than many of their peers who are older, poorer and less educated, a new study suggests.

A cluster identified as "Cyber Millennials" — well-educated, tech-savvy individuals aged 25 to 44 with a median income of more than $79,000 US — was most likely to binge drink, according to findings that will be published in the August issue of Alcoholism: Clinical & Experimental Research.

Dr. Robert Mann, senior scientist in public health and regulatory policy at the Centre for Addiction and Mental Health in Toronto, said the findings could represent important research for people interested in preventing alcohol abuse.

"This study, I think, is the first that I'm aware of that is really using techniques from marketing research that ... identify important and relatively homogenous subgroups of the population for marketing purposes. This could be a very, very promising strategy," he said. THE CANADIAN PRESS

**Human remains found in Brampton field**
Peel homicide police are leading an investigation after finding human remains yesterday in a north Brampton field near a new residential development. The remains were found in a field near Countryside Drive and Highway 410, northeast of Heart Lake Conservation Area. TORSTAR NEWS SERVICE

# Province gives health-care workers more scope

## But nurses' organization says legislation doesn't go far enough to make difference

**Ontario wants to broaden the scope of practice for many health-care professionals as part of a strategy to address the chronic shortage of doctors.**

Under legislation introduced yesterday, dentists would be able to fill prescriptions, pharmacists would be allowed to write refills for prescriptions, and physiotherapists would be given the power to order X-rays and treat injuries.

The proposed changes will make Ontario's health-care system more efficient and more accessible, Premier Dalton McGuinty said.

"It will free up doctors to do those kinds of things which only doctors can do," he said.

An estimated 850,000 people in Ontario don't have a family doctor.

**"If the province is serious about increasing access to health services and decreasing wait times, it is imperative that nurse practitioners be able to admit and discharge in in-patient settings."**
Doris Grinspun, RNAO executive director

McGuinty said adding new responsibilities to a host of different health-care professionals doesn't mean the government will be offering them additional pay.

The Ontario College of Pharmacists said it was "very pleased" with the proposed legislation.

The Registered Nurses' Association of Ontario called the bill "a good first step," but said the changes don't go far enough because the government bowed to pressure from a powerful doctor's lobby.

"To me, this is catering to the Ontario Medical Association," said RNAO executive director Doris Grinspun.

"If the province is serious about increasing access to health services and decreasing wait times, it is imperative that nurse practitioners be able to admit and discharge in in-patient settings." THE CANADIAN PRESS

## News in brief

**TRIAL** A Mississauga teen accused of killing another in a 2007 high school rugby game yesterday denied intentionally hurting Manny Castillo. The teen, now 18, maintained he only pushed Castillo to the ground because he was in a headlock. The accused, a top major junior hockey player for the Mississauga-St. Mikes Majors of the Ontario Hockey League, insisted he fell on top of Castillo during a brief late-game scuffle, a struggle he never started. Castillo's forearm was locked around his throat, he told his lawyer, Calvin Barry. Castillo, 15, died a few days later in hospital.
TORSTAR NEWS SERVICE

# Bankruptcy may be inevitable for GM, industry minister says

**INDUSTRY** If bankruptcy is inevitable for General Motors Canada, Ottawa would prefer a "surgical" process where the troubled automaker would emerge quickly from court protection, Industry Minister Tony Clement said yesterday.

Clement stressed the quick bankruptcy was only one of the possible outcomes and nothing has been decided yet. However, he suggested that GM may not be able to avoid filing for bankruptcy protection.

A bankruptcy filing may come sooner than expected if the Canadian Auto Workers union and GM Canada fail to hammer out a new labour agreement by May 15. THE CANADIAN PRESS

MORE COVERAGE, PAGE 14

### Debt payment

- GM CEO Fritz Henderson has made it "pretty clear" he won't be making scheduled debt repayments before a crucial deadline set by the U.S. government.

## Announcement Head's up for rec centre rules

DAVID COOPER/TORSTAR NEWS SERVICE

MPP George Smitherman retrieves a soccer ball that came over the fence from the practice field behind the podium as MP Tony Clement announces rec centre infrastructure rules for the $68 million in federal funding and $195 million in provincial funding announced nearly four months ago.

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the Bay

**Charity has its licence revoked**

The Children's Emergency Foundation, a Toronto-based charity that claimed to be helping the world's neediest children, has had its licence revoked for participating in two tax shelter schemes and paying back millions to fundraisers. TORSTAR NEWS SERVICE

# Comic wants attention

## For fight against disorders

**The klutzy character who runs in all directions and can't express his emotions arose early in Rick Green's comic repertoire.**

The character "Bill" grew out of childhood antics at the family cottage in Muskoka, recorded in silent home movies. The persona took different forms over the years, then blossomed in the Adventures with Bill routine on the long-running CBC program The Red Green Show, in which the inept outdoorsman found ever-inventive ways to distractedly hurt himself.

"Without me realizing it, Bill exemplified ADHD (attention deficit/hyperactivity disorder)," Green said yesterday as he prepared for a national public-awareness campaign on the condition.

"We're developing a website that uses Bill to demonstrate the various symptoms."

Green is to receive the celebrity Transforming Lives Award tonight from the CAMH Foundation, a branch of Toronto's Centre for Addiction and Mental Health. He is one of seven winners recognized this year for going public with a personal struggle to promote wider understanding about mental illness and addiction.

For a comic, the good thing about ADHD is that it frees inhibition, Green said. TORSTAR NEWS SERVICE

### Education

- Rick Green said he will air a documentary film this fall, will undertake a national speaking tour, and will soon launch the website TotallyADD.com to educate people about attention deficit.

## Cops for Cancer **A cut above**

ROB ACKERMAN/FOR METRO TORONTO

Toronto Police raised more than $27,000 at Cops for Cancer at Yorkdale Shopping Centre on the weekend in support of the Canadian Cancer Society. Police Chief Bill Blair and deputy Chief Kim Derry both got their heads shaved in support of the fundraiser. Auxiliary Const. Sean Shapiro, left, Yorkdale Shopping Centre assistant security manager Jaime Raymond, Canadian Cancer Society's Guy Laporte, and Virgin Radio 999's Planet Maurie display the cheque.

## Grade 11 student stabbed in school

**CHARGED** A 17-year-old boy is charged with assault after a Grade 11 student was stabbed yesterday at Stephen Leacock Collegiate Institute.

School authorities decided against a lockdown because the suspect had fled the property on Birchmount Road, near Sheppard Avenue East. Police determined there was no threat to other students.

The two students got into a fight around 11 a.m., said Toronto police Const. Tony Vella. One of the students stabbed the other in the stomach and fled the school. He was arrested hours later at his home.

The 17-year-old victim was rushed to a local trauma centre with serious but non-life-threatening injuries. TORSTAR NEWS SERVICE

## Dhalla to testify at parliamentary committee

**ALLEGATIONS** Embattled MP Ruby Dhalla is to appear today before a federal parliamentary committee and defend herself against allegations that foreign caregivers working at her family's home were mistreated.

Dhalla's testimony will follow that of the two caregivers at the heart of the allegations against her, including claims she withheld their passports and paid them only a fraction of the minimum wage.

Her appearance bumps Ontario Labour Minister Peter Fonseca, who was asked to participate in the proceeding and was expected to testify at the standing committee for citizenship and immigration in Ottawa today.

The two caregivers told their stories to Fonseca and Ontario Education Minister Kathleen Wynne during a roundtable discussion last month. THE CANADIAN PRESS

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**Man pleads guilty in slaying, dismemberment of girlfriend**

A Newfoundland man pleaded guilty yesterday in the slaying and dismemberment of his girlfriend last year. Warren White was charged with second-degree murder and interfering with a dead body in the death of Amanda Power last summer. THE CANADIAN PRESS

# Canada

## N.L. search and rescue concerns

**Defence Minister Peter MacKay says it's up to the Canadian military to decide whether a beefed up search and rescue presence is needed in St. John's, N.L. There have been growing calls to have military search and rescue helicopters located in St. John's after a chopper ferrying workers to offshore oil platforms crashed two months ago, killing 17 people.** THE CANADIAN PRESS

# Mayor offered rival job to drop out of race, trial told

## Tories linked to bribery case involving '06 Ottawa election

**The man who eventually won the Ottawa mayor's job urged one of his rivals to accept a federal appointment to leave the race, suggesting the alternative was a dirty-tricks campaign aimed at destroying his candidacy, a trial was told yesterday.**

Larry O'Brien and Terry Kilrea were the only two right-of-centre mayoralty candidates in the 2006 municipal election.

O'Brien claimed "some very prominent Conservatives" wanted the two to come to an arrangement about who would run, Kilrea testified during the first day of testimony at O'Brien's influence-peddling trial.

"They'd like to do something to make a business arrangement for you and to make sure there's only one of us in the race," Kilrea said O'Brien told him during a face-to-face meeting in July 2006.

ADRIAN WYLD/THE CANADIAN PRESS

Ottawa Mayor Larry O'Brien arrives at an Ontario courthouse with his wife Colleen McBride yesterday.

O'Brien told him they'd make it worth his while to pull out, he testified.

Kilrea said O'Brien suggested his team could have played hardball, using a vulgar, Richard Nixon-era term for dirty campaign tricks.

"He said, 'We could have just ratf—d you.' He said, 'What do you think you're going to do when you lose the election?'"

O'Brien has pleaded not guilty to two counts of influence peddling for allegedly offering Kilrea an inducement to drop out of the mayoralty race.

The job offer was a five-year appointment to the National Parole Board at a salary of $110,000 a year, he said. Kilrea said O'Brien called back within a few hours of his face-to-face meeting and told him he was "in the queue."

O'Brien indicated that had been arranged by John Reynolds, Prime Minister Stephen Harper's campaign co-chair in the 2006 election, Kilrea testified.

THE CANADIAN PRESS

# Recovery signs emerging, but not in Canada: OECD

**ECONOMY** Several of the world's leading economies appear poised to emerge from the most severe global downturn in decades but Canada is not yet among them, says a respected international economic forum.

The Organization for Economic Co-Operation and Development says its index of composite leading indicators for March shows China is already exhibiting signs of a pause in the severe economic slowdown.

**"At best we've seen early signs Canada and the U.S. may be entering a period of more moderate decline."**
Avery Shenfeld, CIBC

The United Kingdom, Italy and France are also showing tentative signs of having hit the bottom of their slide.

The OECD places Canada, along with the United States and most other large economies, as still in the grip of a "strong slowdown," although it said the pace of deterioration is slowing.

The monthly index for Canada was about half a point lower in March and 10.2 points off where it was last year, below the average for OECD economies.

CIBC chief economist Avery Shenfeld said North America will likely lag behind many others in the turnaround.

"At best we've seen early signs Canada and the U.S. may be entering a period of more moderate decline rather than growth, but in East Asia we're seeing convincing signs that they are past the trough," said Shenfeld.

THE CANADIAN PRESS

# Survey finds support for 7th NHL team, doubt for Balsillie

**HOCKEY** While almost two-thirds of Canadians believe the country could support a seventh NHL team, a new poll suggests there is skepticism that Jim Balsillie's bid to bring the Phoenix Coyotes to southern Ontario will succeed.

Almost half of respondents to the Canadian Press Harris-Decima survey said they believed NHL commissioner Gary Bettman has no interest in bringing another NHL team to southern Ontario, or anywhere else in Canada.

Gary Bettman

Nationally, 63 per cent of respondents said another NHL team could thrive in Canada. But overall, 41 per cent said they didn't think Balsillie's attempt to buy the bankrupt Coyotes would fly.

Optimism for Balsillie's bid was highest in Ontario, with 40 per cent of respondents saying they believed the entrepreneur would win.

Harris-Decima's senior vice-president Jeff Walker said of the results, "This is not just an issue of Balsillie versus Bettman but, in fact, something bigger — that it's about Gary Bettman and his strategy about the U.S. and that having a new team in Canada or a relocated team in Canada undermines that basic strategy he's got."

CANADIAN PRESS

# WHO crafting pandemic severity scale

## Flu Outbreak

**HEALTH** The World Health Organization is devising an index to gauge the severity of the threat posed by a potential pandemic influenza virus, the agency's top flu expert said yesterday.

The WHO hopes to introduce the new scale soon, said Dr. Keiji Fukuda, who said the tool could help national authorities make decisions about how aggressively they want to respond with measures like closing schools and discouraging public gatherings.

"These are hard decisions for country authorities to make. And so they really want as much guidance as possible," Fukuda said in an interview. "And I think this provides some guidance, some help."

THE CANADIAN PRESS

# B.C. Election day

JONATHAN HAYWARD/THE CANADIAN PRESS

B.C. Liberal Leader Gordon Campbell picks out doughnuts for people travelling on his campaign bus in Delta, B.C., yesterday. British Columbians go to the polls today in a provincial election.

## News in brief

**MILITARY** Lt.-Gen. Marc Lessard, a veteran of Afghanistan, was sworn in yesterday as the officer in charge of the Canadian Expeditionary Force command, which runs the Kandahar operation and all other deployments.

THE CANADIAN PRESS

# Energy investment threatened: Note

**ENVIRONMENT** The Conservative government's cloudy greenhouse gas policy is jeopardizing investments in Canada's energy sector, warns a government document.

"Lack of clarity and certainly with respect to greenhouse gas policy increases investment risks," says a briefing note prepared for Lisa Raitt when she became natural resources minister last autumn.

The industry is still waiting for regulations that were promised two years ago before players will spend on some of those projects.

THE CANADIAN PRESS

**Nova Scotia flu clinic closing**
A clinic set up to test for influenza A after an outbreak of the illness in the Windsor, N.S., area is closing today. THE CANADIAN PRESS



# Nurse shortage looms

## Canada to be 60,000 RNs short by 2022: Report

**A critical shortage of registered nurses is on track to hit 60,000 by 2022 unless governments act, says a new report by the Canadian Nurses Association.**

Kaaren Neufeld, president of the professional advocacy group, says patients already suffering long wait times will bear the brunt if nothing is done to ease burnout.

The report tracks demographic demands alongside nursing trends to forecast the shortfall. There were almost 217,000 registered nurses in 2007 — already a shortage of 11,000 full-time positions, it says.

"I would like Canadians to try and imagine if all the nurses working full time in ... Alberta and British Columbia combined were not available to practise within the health-care system — how radically we would have to change our expectations about what the system can provide for us," Neufeld said of the 2022 scenario.

The report says increasing productivity with computerized health records and other nursing supports could cut the shortage by almost half.

It also urges more enrolment and support in schools, and changes that would ease workload and increase job satisfaction. THE CANADIAN PRESS

### High absences

- The absentee rate for nurses now averages 14 days a year — about twice as high as other professions.
- Cutting that rate in half would be like adding 7,000 full-time nurses, the study says.

## CBC must make $50 million in cuts: President

**SPENDING** The CBC must find $50 million in its budget that could potentially be cut or redirected.

Corporation president Hubert Lacroix told employees in a memo late Friday that the broadcaster will not be spared from a government-mandated spending review for next year's budget.

The so-called strategic review requires all departments, agencies and Crown corporations to tell the government what programs and operations are the lowest priority.

That bottom five per cent of the budget can either be reallocated or cut.

The CBC is facing a $171-million shortfall this year and a resulting 800 layoffs, partly due to a sharp decline in advertising. THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

CBC president Hubert Lacroix announces cutbacks amid a government-imposed review of next year's budget.

## Man Tasered to avoid contact: RCMP

**INQUIRY** On the same day as a senior RCMP official apologized for Robert Dziekanski's death at Vancouver airport, one of the force's experts on the use of force was at a public inquiry defending the Mounties' policy of avoiding close contact.

RCMP Cpl. Greg Gillis said the four officers who confronted Dziekanski at Vancouver's airport in October 2007 were following RCMP policy. "The training now is that officers should try to avoid going into close contact and instead should try and use devices such as (pepper spray) or the (Taser) because they are intermediate devices," Gillis said. THE CANADIAN PRESS

### News in brief

**NURSING** The Manitoba government is defending the practice of publishing the names of nurses who repeatedly abuse drugs or alcohol. Health Minister Theresa Oswald is all but ruling out a request from the Manitoba Nurses Union, which says publishing the names amounts to an unfair public shaming and should be stopped. THE CANADIAN PRESS


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# Comment & Views

## Comment

# No fear in the rear-view

NationalReport

"When I'm in Canada I feel this is what the world should be like" — Jane Fonda.

Well, thank you Jane. You are better remembered for other quotes, like a declaration on a certain war in Southeast Asia. But we'll give you top marks for this one. Should all the world be just like us? Why not? Youth, beauty and a clean conscience are a hard combination to beat. And that's just for starters.

We're not exactly young anymore. In the immediate galaxy, we're one of the older nations, actually. But for some reason, Canada still feels young, new even. Writer Rupert Brooke once spoke of our "unseizable virginity." He might have been on to something. It's like we're still starting out, heading off to college.

Beauty? Surely we don't have to haul out all those numbing clichés to reassure ourselves. In terms of drop-your-jaws landscape, how many countries would dare take us on? The endless expanse, the golden Prairies, the pristine lakes, the majestic mountains (OK, I'll stop there).

Many nations have scarred histories. They hurt from past embarrassments. Their people hesitate to look in the rear-view mirror. Not

SunnySide

Canada. Some sullied moments to be sure, but a reasonably proud past, nothing, as we move forward, that weighs heavily on the spirit.

If you thought of this country in terms of it being a person, everyone would be envious of Mr. and Mrs. Canada — their vibrant health, smashing looks, riches, vitality, friends, gorgeous home. They would say that nobody should be that lucky. They would be so jealous as to hope Mr. and Mrs. Canada had some dark, offsetting character flaw. But they'd find out that they were fair-minded, civil, anchored in common sense, victims not of ideological prejudice or religious zealotry or trigger-happy temperament.

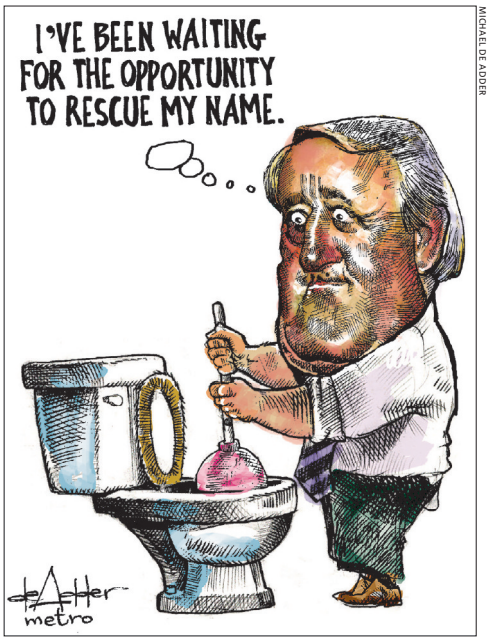
They would see how they overcame differences and welcomed others of different languages, colours, creeds into their home and they would say, "Uck, it's too much. They must have bribed the Creator."

"We Canadians," said Pierre Trudeau, "are standing on the mountaintop of human wealth, freedom and privilege."

True enough. While there is always much to lament, the big perspective must be kept in mind. In the lottery of nations, we pulled the winning ticket.

F. Scott Fitzgerald said life is something that can be dominated if you're any good. By that standard, ours is a country that cannot help but prevail.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.




MICHAEL DE ADDER

## Views

# NHL to Hamilton makes more sense than others

InBusiness

Of course Gary Bettman is negative on the idea of an NHL franchise in Hamilton. The commissioner has staked his reputation on an ill-considered expansion into U.S. markets where hockey has trouble competing with high school football.

Like George W. Bush's invasion of Iraq, Bettman's obsession has nothing to do with reality. Others casually dismiss Hamilton for business reasons, arguing the city's weak economy and lack of corporate power — the kind that coughs up buckets o' cash for seasons' tickets, private boxes and flagrantly overpriced food and drink — wouldn't profitably sustain a team. Even Ron Joyce, the co-founder of Tim Hortons Inc., whose corporate headquarters are in nearby Oakville and a man who ought to know better, thinks a Hamilton franchise has but a 10 per cent chance of success.

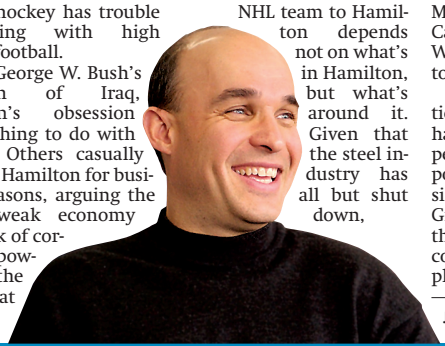
Joyce has obviously had one Timbit too many. The business case behind Jim Balsillie's drive to move an NHL team to Hamilton depends not on what's in Hamilton, but what's around it. Given that the steel industry has all but shut down, Hamilton proper is enduring a serious recession. But remember that Balsillie's Waterloo-based Research In Motion corporate headquarters is exactly one hour away from Hamilton's Copps Coliseum, the putative home of his new team. If that's the effective radius of Hamilton's area, the team can count on support from any or, more likely, all of the following areas: Burlington, Oakville, Cambridge, Kitchener, Guelph, Waterloo, Milton, Brampton, Mississauga, St. Catharines, and even Wayne Gretzky's hometown, Brantford.

In all, these communities and surrounding areas have more than 2.2 million people, a substantial proportion of whom are passionate hockey fans. Greater Phoenix, home of the Coyotes that Balsillie covets, has 3.8 million people, most of whom think high sticking has something to do with flypaper.

But as wise heads point out, pro hockey franchises need big companies with money to spend. Not counting Mississauga, the communities around Hamilton boast 16 Financial Post Top 500 head offices, including two of the most viable remnants of Canada's auto industry in the form of Ford and Toyota. If you add in Mississauga, you have another 26 or so Top 500 head offices to draw on.

To be sure, there are financial questions about a Hamilton NHL team, such as how much it would take to expand Copps Coliseum and buy off the big losers in the relocation — Toronto's Maple Leafs and Buffalo's Sabres. Overall viability, however, isn't one of them.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



Jim Balsillie

## Letters

**Finding something that you are passionate about is key**

*Re: Sunnyside launch a blessing*

The media is finally seeing how valuable it can be in a time like this.

To add, I actually quit my job last fall to see how else I could challenge myself.

In the end, it's not that I found a "better" job, so to speak, even if it is better, I found something that sparks my interest.

Day after day, week after week. I found something I can be passionate about and that I want to do.

SunnySide

There are far too many people working at half-speed, hating their jobs and not changing out of fear.

If we could all get over ourselves, be honest to ourselves and work hard towards what we want, we might be one step closer out of this recession.

Don't expect to accomplish your dreams/passions easily — hard work is essential, and perhaps some people aren't ready to take that on yet.

SEANNA MAGEE, TORONTO

## Worth Mentioning

# The right to slap a woman?

A Saudi judge told a conference on domestic violence that a man has the right to slap a wife who spends money wastefully and said women were as much to blame as men for increased spousal abuse, a Saudi newspaper reported.

The remarks do not carry the weight of law, as they were made out of court. But such public pronouncements by Saudi judges — who are also Islamic clerics — are often widely respected.

Saudi Arabia bars women from voting and no woman can sit in the kingdom's cabinet. Women also cannot drive or travel without permission from a male guardian.

Western women's rights activists have stepped up pressure on the Saudi government recently to reduce tightened control on activities women are allowed to do in public.

THE ASSOCIATED PRESS

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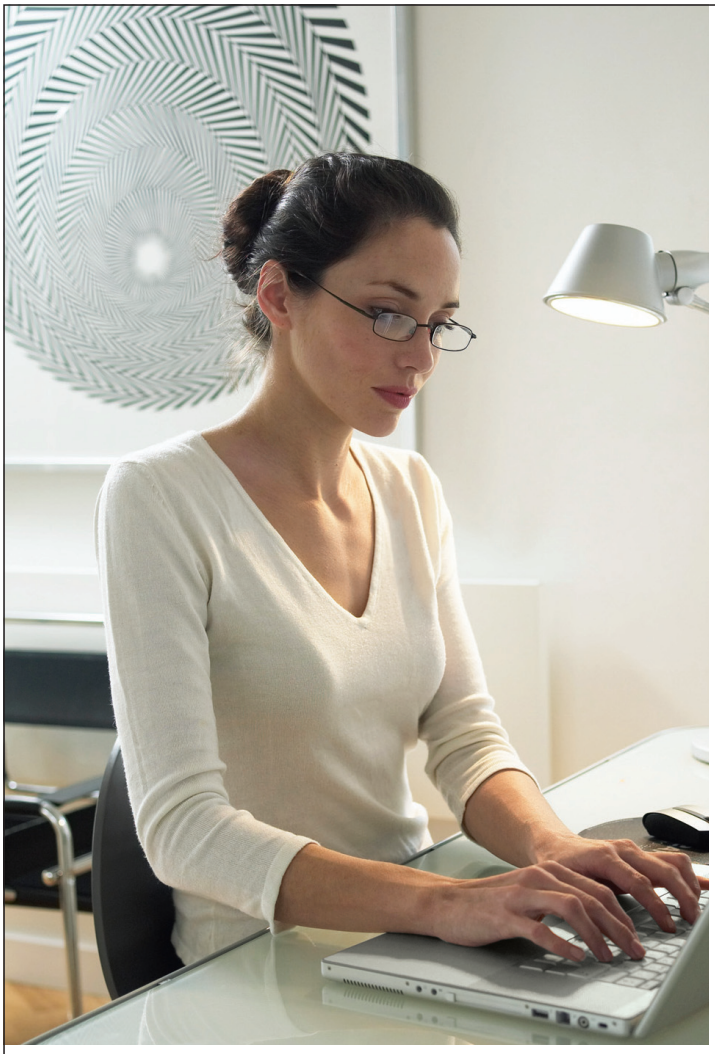

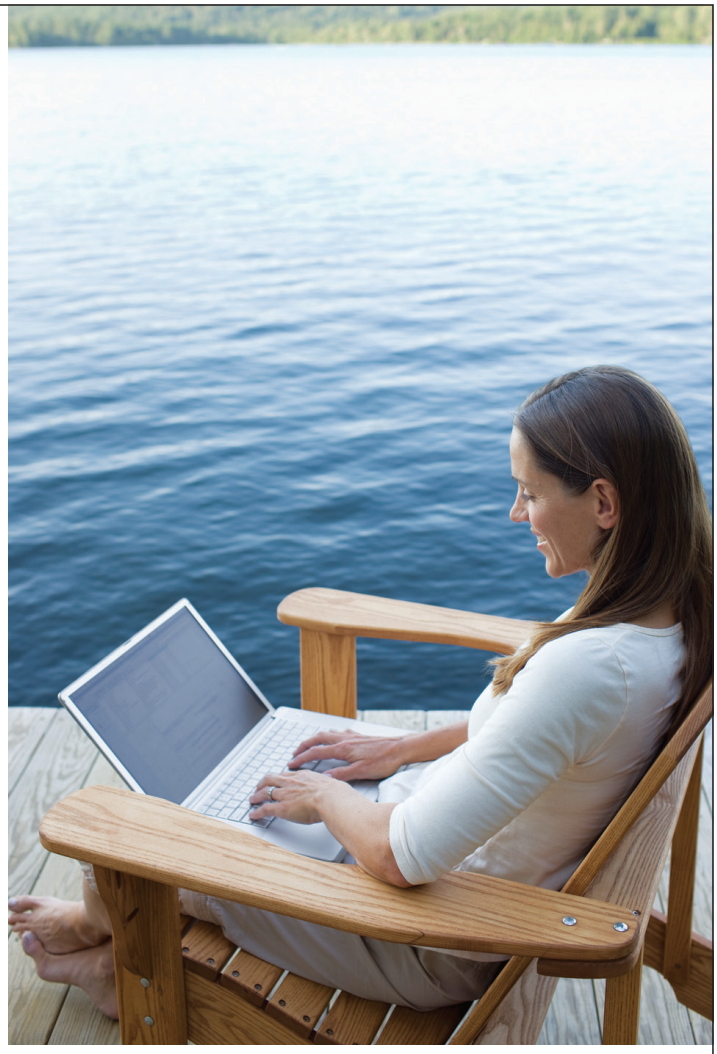

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**Sheriff's deputy shoots teen playing with toy gun**

Authorities say a 15-year-old boy who was shot while playing with a toy gun pointed the fake weapon at sheriff's deputies. Los Angeles County sheriff's Deputy Jeff Gordon says the boy is hospitalized in stable condition and is expected to recover. THE ASSOCIATED PRESS

# World

## MPs' expenses embarrass PM

**British Prime Minister Gordon Brown has apologized for the excessive expense claims by members of Parliament, who used public money to pay for porn movies, horse manure and a wreath for fallen soldiers. Brown himself has been embarrassed by reports he paid his brother £6,500 (about $11,400) in public money for cleaning between 2004 and 2006, before he became prime minister.** THE ASSOCIATED PRESS

# UN calls civilian deaths 'bloodbath'

**Volunteers dug mass graves in Sri Lanka's war zone yesterday as they buried hundreds of civilians killed in artillery attacks that the UN characterized as a "bloodbath."**

A doctor in the war zone said as many as 1,000 civilians may have been killed in two days of shelling that marked some of the worst violence since the civil war flared up again more than three years ago.

**430** The number of Tamil civilians, including 106 children, who were brought to the hospital for burial or died at the facility Sunday, according to Dr. V. Shanmugarajah, who works at the makeshift hospital in the war zone.

"The large-scale killing of civilians over the weekend, including the deaths of more than 100 children, shows that the bloodbath has become a reality," said UN spokesman Gordon Weiss.

Dr. V. Shanmugarajah, who works at a makeshift hospital in the area, said more than 1,300 wounded came to the hospital.

But, he said, the death toll was likely far higher than the 430 at the hospital because many of those killed would have been buried in the bunkers where they were slain, and many of the gravely wounded never made it to the hospital for treatment.

Volunteers dug mass graves in the marsh near the hospital, putting 50 to 60 bodies in each pit, he said. One of his nurses was killed along with his family as they sheltered from the onslaught in a trench that was then filled with soil and turned into their grave, he said.

THE ASSOCIATED PRESS

## News in brief

MARK HUMPHREY/THE ASSOCIATED PRESS

**Tennessee is trying to become the first U.S. state to prod teenagers, such as this young man on a Nashville street last weekend, to pull up their pants by fining them up to $250 US and 160 hours of community service for wearing the saggy pants style.**

**RISKY MISSION** Space shuttle Atlantis and seven astronauts blasted off yesterday to repair the Hubble Space Telescope on a mission that has more risks than usual. It is NASA's final trip to Hubble and comes after a seven-month delay. Another shuttle is on a launch pad and ready to lift off on a rescue mission if Atlantis is seriously damaged during the 11-day flight.

**BEEF OVER** A 13-year long trade clash between the United States and the European Union over hormone-treated beef is almost resolved, U.S. Trade Representative Ron Kirk said yesterday. The EU last week agreed to buy more high-value American beef to avoid having classic European products like Italian mineral water and French Roquefort cheese slapped with punitive sanctions by the United States.

THE ASSOCIATED PRESS

## Poisoning feared after 61 Afghan girls fall ill

**SCHOOL** Doctors are investigating whether dozens of students have been poisoned at a high school in northern Afghanistan after 61 girls went to the hospital complaining of sudden illness.

The students and one teacher from Hora Jalaly high school in Parwan province northwest of Kabul complained of symptoms like irritability, weeping and confusion.

Several girls passed out.

The mass hospitalization comes about two weeks after a similar incident in Parwan, where dozens of girls were hospitalized after being sickened by what Afghan officials said were strong fumes or possible poison gas cloud.

### Top general

- U.S. Defence Secretary Robert Gates said yesterday he has asked for the resignation of Gen. David McKiernan, the Pentagon's top general in Afghanistan. He said a fresh approach was in the U.S.'s best interest.

The Taliban and conservative extremist groups in Afghanistan oppose education for girls.

Militants in the south have previously assaulted schoolgirls by spraying acid in their faces and burned down schools as a protest against the government.

THE ASSOCIATED PRESS

GABI TIBBON-POOL/THE ASSOCIATED PRESS

**Pope Benedict eats a date handed to him yesterday by Israeli President Shimon Peres at the Presidential Residence in Jerusalem.**

## Pope begins visit to Israel

**TRIP** Pope Benedict called for the establishment of an independent Palestinian homeland immediately after he arrived in Israel.

The Pope also took on the delicate issue of the Holocaust, pledging to "honour the memory" of the six million Jewish victims of the Nazi genocide at the start of his five-day visit to Israel and the Palestinian territories yesterday.

Israeli Prime Minister Benjamin Netanyahu, leader of the hard-line Likud Party, has pointedly refused to endorse the two-state solution since his election.

THE ASSOCIATED PRESS

## U.S. soldier in Iraq kills five fellow troops

**COUNSELLING** A U.S. soldier opened fire on fellow troops at a counselling centre inside a U.S. base yesterday, killing five before being taken into custody.

The U.S. command and Pentagon officials said the shooting occurred at Camp Liberty, a sprawling U.S. base near Baghdad airport.

Nobody else was hurt, the military said. It was unclear what provoked the attack.

Pentagon officials said the shooting happened at a stress clinic, where troops can go for help with the stresses of combat or personal issues.

The death toll from the shooting was the highest for U.S. personnel in a single attack since April 10, when a suicide truck driver killed five American soldiers with a blast near a police headquarters in Mosul.

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**Iran frees imprisoned American journalist, lawyer says**
The lawyer for an American journalist jailed in Iran says she has been freed. He says Roxana Saberi is "now out of jail." Abdolsamad Khorramshahi says her release came yesterday after an appeals court suspended her eight-year jail sentence. THE ASSOCIATED PRESS

## News in brief

**RUSSIA** The Kremlin says U.S. President Barack Obama will visit Russia July 6-8. Obama had his first face-to-face meeting with Russian President Dmitry Medvedev at the London G20 summit in April. Talks there focused on a treaty to further reduce nuclear weapons. THE ASSOCIATED PRESS

# Student's hoax dupes media

**When Dublin university student Shane Fitzgerald posted a poetic but phoney quote on Wikipedia, he was testing how our globalized, increasingly Internet-dependent media was upholding accuracy and accountability in an age of instant news.**

His report card: Wikipedia passed. Journalism flunked. The sociology major's obituary-friendly quote — which he added to the Wikipedia page of Maurice Jarre hours after the French composer's death March 28 — flew straight on to dozens of U.S. blogs and newspaper websites in Britain, Australia and India. They used the fabricated material, Fitzgerald, 22, said, even though administrators twice caught the quote's lack of attribution and removed it. A full month went by and nobody noticed the editorial fraud.

THE ASSOCIATED PRESS

FIONN KIDNEY/THE ASSOCIATED PRESS

Shane Fitzgerald at home.

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**Schneider Power to acquire Grand Valley Wind Farms**
Schneider Power says it has struck a binding agreement to buy Ontario-based Grand Valley Wind Farms from EarthFirst Canada, in partnership with Lands End Corp., the wind energy project's original developer. The price tag is $800,000 in cash. THE CANADIAN PRESS

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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# Nortel CEO wants time

## Firm mulls takeover route

**Time is not on Nortel's side but there's no sense being too hasty in deciding whether the battered telecom equipment company should remain a standalone entity or be absorbed by another company, chief executive Mike Zafirovski said yesterday.**

A 37 per cent decline in revenue and shrinking margins pushed Nortel Networks Corp. to a $507-million US loss in the first quarter, the Toronto-headquartered company said in its first financial report since seeking bankruptcy protection in January.

Zafirovski said the industry needs to consolidate but it will take one to two more months to determine whether to try to go it alone as originally planned or join with another player.

Nortel's customer base has remained loyal despite the company's problems, he said. "What's hurting us is that if you have brand-new projects, people are deferring many of those decisions above and beyond the economy, waiting to see what the final outcome of Nortel is going to be," Zafirovski said.

THE CANADIAN PRESS

**24.5¢** Nortel shares, which are likely to become worthless as a result of restructuring, fell five cents to close at 24.5 cents on the Toronto Stock Exchange.

## Profit Dishing out good news

PAUL SAKUMA/THE ASSOCIATED PRESS FILE PHOTO

A Dish Network booth is shown at the Consumer Electronics Shows in Las Vegas in January. The second-largest satellite TV provider in the U.S. said yesterday that its first-quarter profit rose 21 per cent as revenue climbed partly on equipment sales.

## New home prices drop in March

**DECLINE** Contractors' selling prices for new homes fell 0.5 per cent in March after a similar decline in February.

Statistics Canada reports prices declined by 1.2 per cent in Calgary and Edmonton, followed by Vancouver (down 1.1 per cent) and Victoria (down 0.9).

Prices also declined in St. Catharines/Niagara (by 0.9 per cent), Toronto (0.3) and Hamilton (0.2).

In St. John's, N.L., prices increased by 0.4 per cent.

THE CANADIAN PRESS

## In brief

**GM FUTURE** The top executive of General Motors Corp., CEO Fritz Henderson, says a bankruptcy filing is becoming more likely but there is still hope the automaker can restructure outside court protection.

**U.S. BUDGET** With the American economy performing worse than hoped, revised White House figures point to deepening budget deficits, with the government borrowing almost 50 cents for every dollar it spends this year. The deficit will rise by$89 billion US to more than $1.8 trillion.

METRO NEWS SERVICES

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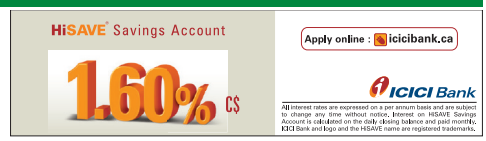
## Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA




# Pack up your worries

## Travel insurance can ensure your trip runs smooth

SmartCookies

metronews.ca/smartcookies

Travel insurance is top of mind these days. Whether it's your vacation, your health or your luggage, having insurance, and more importantly having the right type, is as essential as packing your passport.

Finding out what type of coverage you already have is the first step. Research the details of your homeowner's insurance and your existing health-care policy. Then contact your credit card company to find out if they offer insurance perks for situations such as lost or delayed baggage, trip cancellation or accidental death.

**Trip Cancellation and Interruption Insurance**

This coverage is designed to help you get money back when you need to cancel your trip or if your tour company goes under. Base the need of this insurance on the cost of your ticket or trip. If you are flying from Vancouver to Calgary, you can likely forego it. If you are taking an expensive trip-of-a-lifetime, then buy insurance. And look for a policy that will cover you returning home early if there is a problem at your destination.

**Baggage Insurance**

Although airlines are liable for lost or damaged luggage, what they offer you will likely not cover what is lost. The limit for lost, delayed, or damaged baggage is $3,000 per passenger on a domestic flight and about $450 per bag for an international flight. If you do want extra insurance, travel experts suggest asking the counter agent for "excess valuation." This provides you with up to $5,000 additional coverage.

**Health-care Insurance**

Many people make the very big mistake of assuming that, while travelling, their medical needs will be covered by their existing health-care insurance. If you are travelling outside of your own country, check your policy. If you are not covered, be sure to purchase medical insurance. Also buy a policy that covers "medical evacuation and repatriation" insurance. In other words, if you are sick or injured while in another country, you will be treated, stabilized and then flown back to your own country.

**A Final Note**

Be sure to buy all of your insurance through third-party insurers rather than travel agents or cruise lines. The reason is simple — if your travel company goes bankrupt, they won't have the money to pay out the insurance.

Knowing you've covered your bases will make you a more confident traveller. Bon Voyage!

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Allan Small discusses the results of last week's stress tests of U.S. banks. Visit metronews.ca/investing

# Ontario joins harmonized tax

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

**Q Last year, I joined the ranks of the self-employed, providing interior decorating services. When do I begin charging the new harmonized tax and how does it affect my business?**

**— Joanne**

A Beginning July 1, 2010, businesses must collect the combined GST and RST (Harmonized tax) on most products and services at a rate of 13 per cent. Ontario joins several other provinces such a Newfoundland and Labrador, New Brunswick, Quebec and Nova Scotia that currently administer a harmonized tax.

The recent Ontario budget proposes to combine both taxes (eight per cent PST and five per cent GST) and have it administered by the federal government. For most Canadians, this will be a 13 per cent hit to the pocketbook. Next summer's real estate transactions will be hit particularly hard. To ease the hardship for individuals, the federal government will send a $1,000 cheque to many Canadians.

Businesses may reap benefits because of the harmonization, however individuals will not. Our government may try to convince us of the benefits of harmonization, but you don't have to be an accountant to figure it out. "It will cost me more money at 13 per cent than at five per cent."

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-489-7800, ext. 227.

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| Montreal | Travel May 25 - May 28, Jun 3/ws | $118 + taxes & fees $97 |
| Cayo Coco | Travel Jun 4 - Jun 11/ts | $169 + taxes & fees $199 |
| New York City | Travel May 19 - May 26/pd | $180 + taxes & fees $116 |
| Punta Cana | Travel Jun 14 - Jun 21/c6 | $199 + taxes & fees $315 |

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INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom in Santa Lucia. Departs Jun 5/nol/ts.

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*Royal Decameron* + taxes & fees $191
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Jun 1/nol/c6.

**Jamaica** 5-Star $897
*Riu Negril* + taxes & fees $259
INCLUDES roundtrip airfare, transfers and 7 nights 5-star all-inclusive accom. Departs Jun 13/sqv/ts.

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**Tampa Bay retains Tocchet**

The Tampa Bay Lightning have made Rick Tocchet their full-time coach. Tocchet took over in mid-November after Barry Melrose was fired. Yesterday, the Lightning lifted the interim tag on Tocchet and gave him a three-year contract. Tampa Bay went 19-33-14 under Tocchet. THE ASSOCIATED PRESS

# Sports

## Bolting back to the track

**Olympic triple gold medallist Usain Bolt, left, says he is ready to return to the track after an April 29 car crash and will run in England Sunday. The 22-year-old returned to training last week and will compete in a 150-metre street race in Manchester. Bolt won gold in the 100 metres, 200 and 4x100 relay at the Beijing Games last summer, all in world record times.** THE ASSOCIATED PRESS

SPORTS@METRONEWS.CA

## Return of Burnett to be measuring stick for Jays

**MLB PREVIEW**

**New York** at **Toronto**

BASEBALL And now for a quiet three days with the New York Yankees.

Not.

If anything, this series — opening tonight with Roy Halladay facing former Blue Jay A.J. Burnett — sets up as a measuring stick of the Jays' early-season success.

It may also be one of the most anticipated and meaningful early-season series the Jays have played in recent memory. Toronto sits at the top of the American League East, no one's pick out of spring training for that kind of success, but certainly full marks for leading the league in hitting, combined with gutsy pitching despite injuries to five starters and closer B.J. Ryan.

In come the Yankees, their big payroll and big names carrying tradition and intrigue despite a slow start.

Some critics say the Jays have benefited from a soft schedule to open the season. The 22-12 club has played only three games against a divisional opponent (Baltimore).

The Jays' first-place worthiness is expected to be tested beginning today.

The matchup between Burnett and Halladay is being talked about around baseball.

"I think the guys are looking forward to it because the fans enjoy it so much ... it's a chance to face A.J. and CC for the first time," Jays centre fielder Vernon Wells said. TORSTAR NEWS SERVICE

# Caps take OT thriller

**Stanley Cup 2009 Playoffs**

**NHL RESULTS**

**Caps** 5 **Pens** 4 (OT)

**David Steckel scored on a deflection of Brooks Laich's shot and the Washington Capitals finally won an overtime playoff game, beating nemesis Pittsburgh 5-4 last night to force a Game 7 in the Eastern Conference semifinals.**

The Capitals, losers of their seven previous overtime games, couldn't hold a 4-3 lead late in regulation when Sidney Crosby scored, but made up for it when Steckel went to the net immediately after winning a faceoff. Laich wristed the puck on net from the right circle and Steckel put it past Marc-Andre Fleury 6:22 into the overtime.

The game before, Steckel couldn't score into an open net early in overtime and the Penguins won 3-2 in Washington. Game 7 will be tomorrow night in Washington. THE ASSOCIATED PRESS

BRUCE BENNETT/GETTY IMAGES

**Washington's Jay Beagle is stopped by Pittsburgh goalie Marc-Andre Fleury as Mark Eaton helps out during Game 6 of their Eastern Conference semifinal last night.**

For a recap of the Vancouver/Chicago game, visit: **metronews.ca/sports**

## UEFA rewards countries for Fair Play

SOCCER Norway, Denmark and Scotland have earned extra places in the qualifying round for next season's Europa League.

Norway leads UEFA's Fair Play rankings, followed by teams from Denmark and Scotland, Europe's football governing body said Monday.

The extra places for the Europa League — formerly known as the UEFA Cup — will be given to the winners of the trio's domestic fair play competitions, which have yet to be announced.

The fair play rankings are determined by assessments made by UEFA delegates at all European matches for club and national teams. It includes positive play, respect for the opposition, respect for the referee and behaviour of the crowd and team officials, along with yellow and red cards. THE ASSOCIATED PRESS

## Sports in brief

BASKETBALL The Golden State Warriors have let go executive vice-president of basketball operations Chris Mullin, nearly a year after the former star player apparently lost his authority to run the troubled franchise.

SOCCER Newcastle beat Middlesbrough 3-1 yesterday to give Alan Shearer his first victory as a coach and climb out of the Premier League relegation zone. With two rounds of games remaining, Newcastle and Hull have 34 points and Middlesbrough and last place West Bromwich Albion have 31.

HOCKEY Mike Modano is coming back for his 20th NHL season. Modano had said he would take some time to ponder if he would retire when the Dallas Stars' season ended without a playoff berth a month ago. The highest-scoring U.S.-born player in NHL history said yesterday he would play next season. METRO NEWS SERVICES

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**Home of Rangers, Knicks not for sale**

Cablevision said in a statement yesterday that it has no plans to sell Madison Square Garden, home of the NHL's New York Rangers and the NBA's New York Knicks, or any other Cablevision business. THE ASSOCIATED PRESS

# Triano: Interim no longer

## Raptors reward first Canadian to coach in NBA with three-year contract

**All those long nights at the Air Canada Centre have paid off for Jay Triano.**

After spending the last five-plus months as Toronto Raptors interim head coach, the Canadian was given the job permanently yesterday with a three-year contract.

"It's a great honour for me to be really rewarded by an organization that I've been devoted to for the past seven years," Triano told a news conference. "I've spent an awful lot of time late at night here at the arena preparing for games ... Things won't change."

Triano, 50, became the first Canadian-born and Canadian-trained coach in the NBA when he was hired by the Raptors in 2002 as an assistant to Lenny Wilkens.

Toronto general manager Bryan Colangelo said Triano has proven himself over his seven years with the club, especially when he was called upon to take over the struggling Raptors on Dec. 3 after Sam Mitchell was fired.

"It's been a great opportunity to see what he's made of, and see what his basketball mindset is," Colangelo said of Triano's years as an assistant. "But then to see it put into action when he was named the interim head coach, he was given not the most ideal circumstances to fight through. Yet each day, he showed up with a positive attitude."

Triano, a native of Niagara Falls, Ont., was 25-40 as interim coach, but finished the season on a high note, guiding the club to a 9-4 mark in its final 13 games. Still the team finished 13th in the Eastern Conference, well out of the playoffs, with a 33-49 record.

While Triano wasn't able to turn things around dramatically, he did earn the respect of his players and that was one of the reasons Colangelo know he was the right man for the job.

"The players responded," said Colangelo.

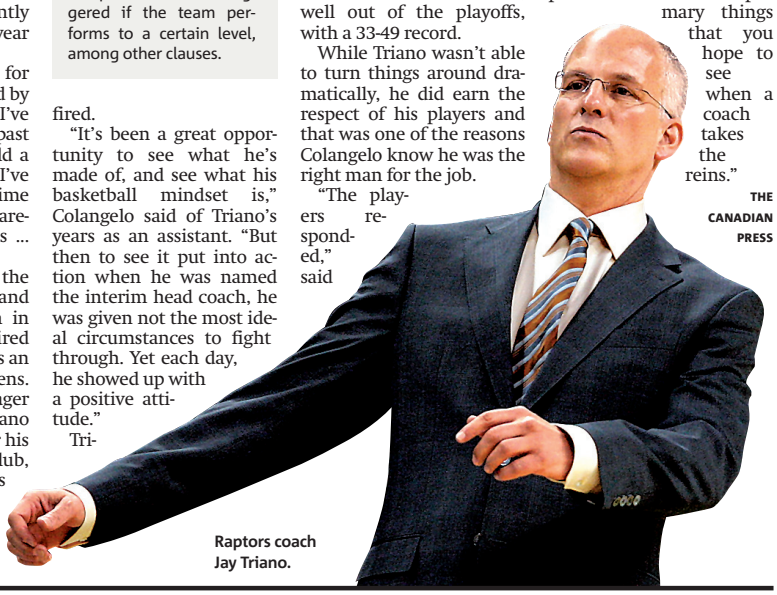
"It didn't necessarily pan out in the form of wins all the time, but it did pan out in the form of respect from the players.

"That ability and that premise is one of the primary things that you hope to see when a coach takes the reins."

THE CANADIAN PRESS

### The option

- Colangelo told The Fan 590 that the first two years of Triano's deal are guaranteed, while the third is an option that can be triggered if the team performs to a certain level, among other clauses.



Raptors coach Jay Triano.

# Cavs complete sweep of Hawks

NBA 2009 Playoffs

LeBron James didn't come close to matching his performance in Game 3.

He did enough to lead the Cleveland Cavaliers to another playoff sweep — and get in a few jabs at the Atlanta fans.

James scored 27 points and had the last word with a heckling fan at courtside as the Cavaliers finished off the Hawks 84-74 last night to win the second-round series in four straight.

Delonte West and Mo Williams showed Cleveland isn't just a one-man team, hitting huge shots down the stretch as the Cavaliers managed to extend their NBA-record streak of double-digit playoff wins to eight in a row.

Cleveland, which also swept Detroit in the opening round, will face either Boston or Orlando in the Eastern Conference finals.

No matter the opponent, the Cavaliers will be a lot more rested. The Celtics-Magic series is tied 2-2 and will last at least through Thursday, while the Cavs head back to Ohio to relax for a few days before opening the next round at home.

James made only 9 of 22 from the field, but showed his all-around brilliance with eight rebounds and eight assists. West scored 21 points, while Williams made four three-pointers to account for his 12 points.

THE ASSOCIATED PRESS

## SCOREBOARD

**MLB**

THURSDAY'S AL RESULTS
Cleveland 9 Chicago White Sox 4

YESTERDAY'S NL RESULTS
Atlanta 8 N.Y. Mets 3
Cincinnati at Arizona
Washington at San Francisco

**NHL**

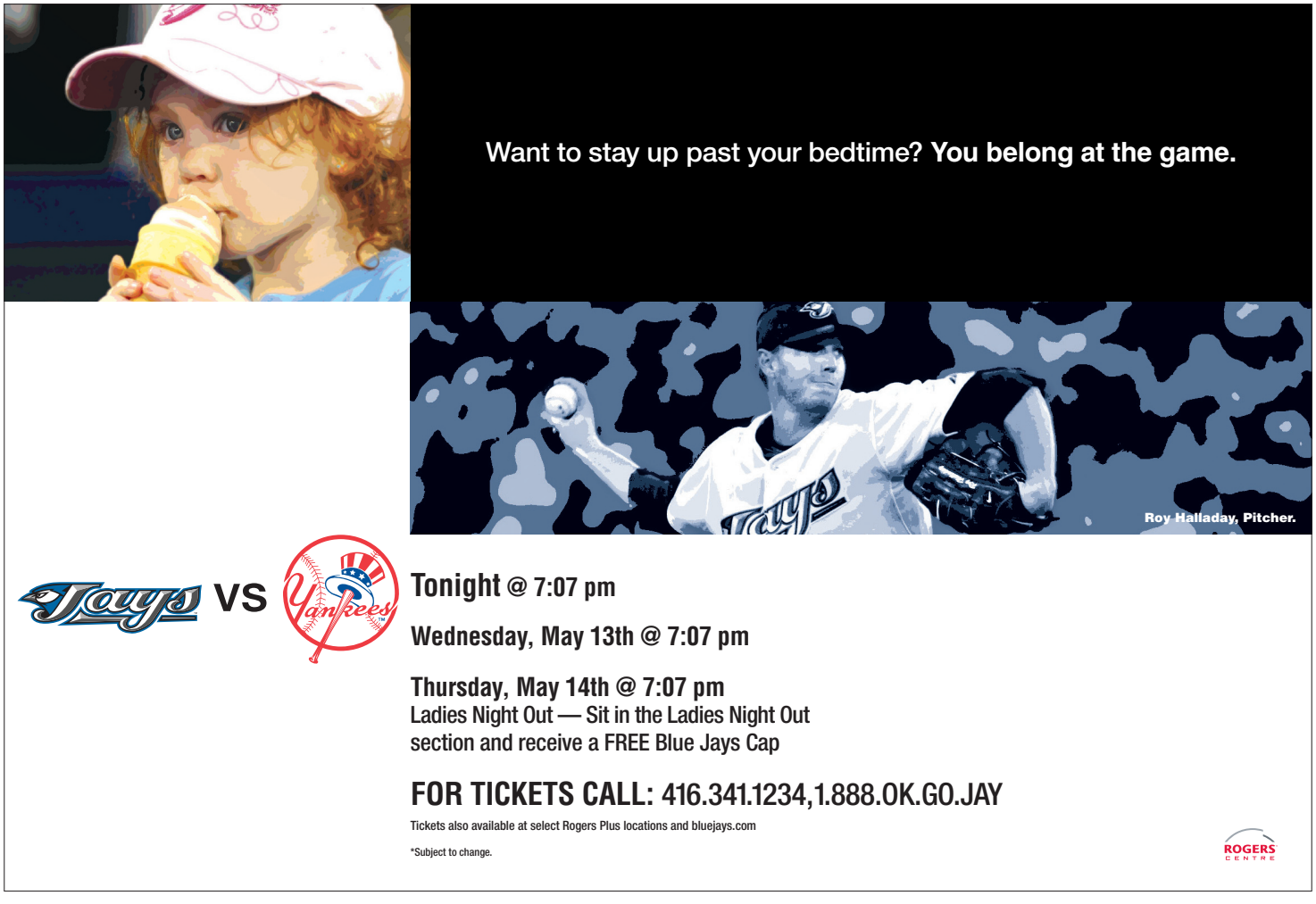
YESTERDAY'S RESULTS
Washington 5 Pittsburgh 4 (OT)
Vancouver at Chicago

TODAY'S GAMES
Boston at Carolina
Detroit at Anaheim

**NBA**

YESTERDAY'S RESULTS
Cleveland 84 Atlanta 74
Denver at Dallas

TODAY'S GAMES
Orlando at Boston
Houston at L.A. Lakers



# CFL rule changes brought on by fans

**The CFL has listened to its fans.**

Yesterday, the league's board of governors approved moving the kickoff back 10 yards to the 25-yard line following a safety, one of four rule changes suggested by fans.

"It's exciting to know that some of our fans will see their ideas in action when our season kicks off on Canada Day, July 1," CFL commissioner Mark Cohon said in a statement.

"Our board of governors values our fans from coast to coast, and was very supportive of including them in our process.

"That support was evident in their vote."

Other rule changes adopted as a result of suggestions from fans included:

• Allowing coaches to use "wildcat" formations that would move the quarterback around, instead of requiring him to stand behind or under centre.

• Requiring a team that makes a field goal to kick off rather than give the receiving the team the option of taking the ball at its 35-yard line

• Giving a team a third instant replay challenge if its first two are successful.

All four ideas were approved in March by the league's rules committee following an invitation from Cohon for fans to provide their input. The CFL said more than 2,000 submissions were received.

THE CANADIAN PRESS

## Sports in brief

**ARGOS** The Toronto Argonauts have made some moves they hope will bolster their offence, signing QB Stephen Reaves and former Pro Bowl WR/KR Jerome Mathis. Reaves, 24, played two seasons with the Southern Mississippi Golden Eagles after transferring from Michigan State, while Mathis has NFL experience with both the Washington Redskins and the Houston Texans.

**ESKIMOS** On Sept. 26, at half-time of the home game against the Saskatchewan Roughriders, representatives from six decades of Edmonton Eskimo cheerleading will perform to mark the squad's 60th anniversary.

METRO NEWS SERVICES

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**Memorial University named top enterprising campus**

Memorial University students have placed first in the national Students in Free Enterprise competition, earning the "most enterprising campus in Canada" title. METRO NEWS SERVICES

# Workology

## Asten aspirations

**The hotel section of Asten, see story below, would include a panoramic outer gallery with transparent walls, perfect for watching the Earth, moon and stars. The colony would orbit 36,000 kilometres above Earth. Special wide, flat space-planes would provide transportation to and from our planet. Moon visits would be made by rocket.** METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

# Space city an idealized Toronto

**A democratic colony far above Earth that looks like a giant cylinder, has no violence and whose residents eat meat grown in a lab. This is Asten, a utopia designed by Toronto student Eric Yam, and it has won a NASA grand prize.**

Everybody at the orbiting space colony would speak fluent English, Hindi and Mandarin.

Education would include courses on good citizenship, settlers would be prescreened for a propensity for violence and everybody would have access to free, efficient health care.

"I designed it to be close to the Canadian society that I live in," says Eric Yam, a Grade 12 student at Northern Secondary School who won the grand prize in a NASA contest for conceiving a space city like an idealized Toronto.

For the superstructure, Yam even designed a series of stacked rings, like a hollow cylinder, reminiscent of the curved towers of Toronto City Hall.

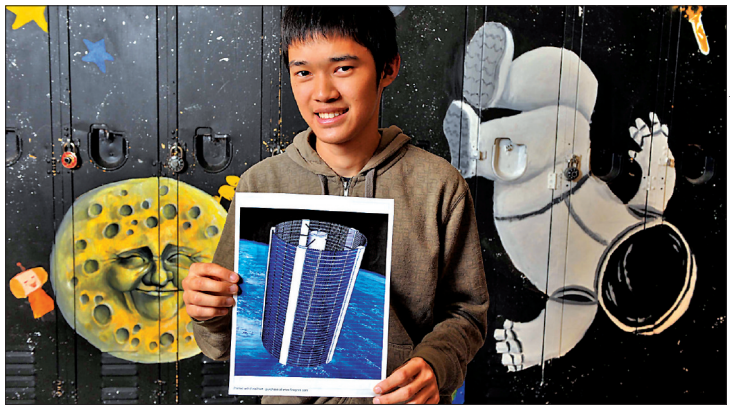
"I never noticed that before," he said yesterday when the prize was announced.

The annual contest, judged by engineers and scientists at the National Aeronautics and Space Administration, calls for students in Grades 6 to 12 to design a space colony that would orbit the Earth 50 years from now.

Yam beat out more than 300 entries from nearly 900 students around the world to become the first Canadian to win the contest in its 16 years. He tied with a team from Orissa, India.

He called his space station Asten, another name for the Egyptian god Thoth, master of divine and physical law.

"He basically built a utopia from scratch," said math and physics teacher Gillian Evans, staff adviser on the project.



MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Eric Yam, at Northern Secondary School in Toronto, holds up a drawing of the space station he designed. The 17-year-old beat more than 300 entries from students around the world to win a NASA contest.

"He had to design something that would orbit the Earth successfully," she said in admiration of Yam, whom she described as a well-rounded student.

"He had to explain how to build it cheaply, finance it, keep it running, how to feed people, keep their air clean, how it would govern and police itself, and what's the social structure."

Designed as a self-sustaining colony for 10,000 residents, Asten would be open to as many as 300 visitors at a time, including revenue-producing tourists.

Four main characteristics of the Asten project perhaps caught the judges' eyes, the 17-year-old said.

**Modularity:** Yam designed modular components, such as apartment units and distinct common corridors, that could be updated or replaced by other types of units altogether.

**Mass production:** "If you can mass-produce certain sections, you can save money, time and you can cut down on errors," he said.

**Use of existing technology:** "He didn't go too far in making up stuff," Evans said. "He didn't say, 'Maybe this will be feasible in 50 years so we'll pretend it will be."

**Social systems:** After designing the technology, Yam proceeded to lay out a social structure that calls for a democratically elected president and a council of 20 experts in five fields, including environmental sustainability.

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# Little scores big and wins laugh off

PAUL MCLEOD
paul.mcleod@metronews.ca

**COMEDY** The newest Great Canadian Laugh Off champion may need to share some prize money with an unsuspecting audience member.

Halifax comic Mark Little had managed to edge his way into the final eight at the 64-comic standoff, and the audience was loving his story about running into an old racist lady.

"Another one was about being bullied at school," says Little. "The weird thing being that I was home schooled. That joke went over well."

But what seemed to clinch it was an unconventional bit about the guys at hip hop shows whose jobs are to hype the rappers. Little invited a random audience member on stage and got her to read his jokes while he stood there cheering her on.

By the end of the night Little had been named Great Canadian Laugh Off champion, the first ever from the Maritimes, and was awarded $25,000. "I was in pure shock. I don't think I even smiled for the first hour and a half," he recalls.

"I'm really glad I've never won a game show or anything like that. If I won a million dollars I'd probably vomit all over myself."

Little has only been performing standup for three and a half years. But the founding member of popular sketch comedy troupe Picnicface has already built up a strong reputation.

"He came with great buzz. And part of the buzz that came with him was that he was a great writer, and an original writer," says Yuk Yuk's owner Mark Breslin.

"I think that's ultimately one of the things that really won the judges over. I mean, how many comics do I know will put Nietzsche in a joke?"

Toronto comic Mark Forward finished runner up, winning a year's supply of mac and cheese.

Little is now back in Halifax but will be touring with Picnicface in Edmonton in June and in Vancouver in September, followed by L.A. He also plans to use some of his prize money to go perform in London.

"I just don't want anything to slow down," he says. "As long as progress is being made, I'm happy."

Halifax comic Mark Little, seen at right with Yuk Yuk's Mark Breslin, was named the Great Canadian Laugh Off champ.

## Keeping busy

- To many, the sketch group Picnicface is synonymous with the popular online viral video Powerthirst. Actor Will Farrell personally endorsed Powerthirst, which has gone onto be viewed almost 15 million times on YouTube.
- Aside from making videos and performing weekly in Halifax, Picnicface are working on getting funding for a feature film and are writing a book about Canada for Harper Collins.

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**Learning Curve** is a monthly feature that focuses on education and student life.
Next month's issue comes out on June 9.

# Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## Financial stability over vanity

### Those looking to save cash for school can turn to free haircuts, dental work, more

JON TATTRIE
for Metro Canada

**Through a mouthful of Kraft Dinner, university students may be asking: Recession? What recession? When you're broke, you can't get much more broke.**

You've made your first money-saving move in picking up your free copy of Metro: We've talked to the experts to save you even more cash.

"The big key is, as cheaply as you can get through university, do that," says Pam Swinimer, assistant registrar at Halifax's Dalhousie University.

Check with your professor to see how much you'll be using the textbook; borrowing the library copy might suffice. If you need the book, buy second-hand or find a friend to split the book with. This can save hundreds of dollars a year.

The free T-shirt the credit card company is offering you is not enough: Spurn their charms and stick to cash. On a night out, an empty wallet will force you to keep to your budget.

If you manage to find enough food to give yourself a cavity, stop by your local dental school. "It usually takes longer, but you'll never get as thorough a cleaning anywhere else, and it's about half price," Swinimar says. Don't fret about letting a nervous dental student near your pearly whites: They're getting graded on your mouth and the instructor will ensure they've done good work. The same goes for hair-cutting programs at community colleges. Remember: Financial stability ahead of vanity.

Students at hair-cutting programs at community colleges are graded on the work they do.

"Living costs is a huge killer," Swinimer adds. Staying at home might not be a disco party for you or your parents, but it will save you thousands a year, meaning you'll graduate a lot closer to an independent, debt-free life. Pretend you're on The Price Is Right: Put the rent money in your bank account and hey!, you win a free car when you graduate.

Jane Lee of the Student Financial Aid Information Centre at the University of Alberta says plan ahead.

**"Lack of budget planning leads to overwhelming stress, especially near the end of the school year."** Jane Lee

"Lack of budget planning leads to overwhelming stress, especially near the end of the school year," she says.

If that's you this year, learn your lesson for next year. "Most people tend to spend the majority of their money at the beginning of the school year," Lee says. "Keep this in mind when planning your spending. If you know in advance that you'll be short over the entire year, you can trim a little every month to spread the pain out as much as possible."

## Financial planning key for students to avoid growing debt

DAVID CHILTON
for Metro Canada

Away from home and caught up in the hurly-burly of campus life, it's easy for students to overlook how simple it is for them to slide into debt.

Once they're accumulated, these debts won't go away, so the best cure is prevention.

That means financial planning, say experts in student finances, and a job that allows some pay-as-you-go schooling.

Tom Hamza, president of the non-profit Investor Education Fund in Toronto, says staying out of trouble can be done.

"The key to addressing the debt issue is to budget," says Hamza. "It is a matter of understanding where [the money] goes."

At the Regina campus of the Saskatchewan Institute of Applied Science and Technology, educational counsellor John LeBoldus says it's essential students have a financial plan in place before their year starts if they want to avoid unmanageable debt.

According to Statistics Canada, students leave school with a hefty tab. The average debt for a college graduate is $14,000; it's $19,000 for those who attend university.

Of course, some debt for most students is inevitable. But even here there are ways to prevent the zeroes tacking themselves on unnoticed.

Hamza suggests looking at those extra costs that, while not significant by themselves, add up over time. They can be as simple as a debit card and the small fee it incurs when it's used to buy lunch, LeBoldus says. Or it could be that private gym membership when the school gym charges next to nothing.

Credit cards, surprisingly enough, don't appear as the Most Wanted on either Hamza's or LeBoldus's list of villains.

However, "I strongly recommend not using [them] regularly and using cash [instead]," says Hamza.

LeBoldus doesn't dismiss "credit card creep," but says most student borrowing will be from a bank's line of credit. However, if he or she does use a credit card, they should look for the lowest interest rate, he counsels.

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# Innovative vehicle a Rocket Show winner

RAFAEL BRUSILOW
for Metro Canada

**Ontario's industrial design students showed off their design chops this past weekend and proved you're never too young to have a great idea.**

Sponsored by the Association of Chartered Industrial Designers of Ontario (ACIDO), the eighth annual Rocket Show competition pitted bright students from Ontario's three industrial design schools — Humber, Carleton and the Ontario College of Art & Design — against each other to show off their ability to think creatively to create solutions to everyday problems.

Among the clever designs students presented in seven different categories were autonomous cars for visually impaired travellers; lightweight, modular refugee shelters that can be built on-the-fly; and a self-cooling fruit bowl that requires no electricity.

Jonathan Loudon, show co-ordinator, says the event's 57 entries all show great promise and creativity and help advance the cause of industrial design.

"We want to raise awareness of what design can do and how design can be a problem-solving tool," he said. "The calibre of work is really high this year."

Tyson Leslie, 21, built a self-teaching guitar that lights up to show you where to play notes and chords, like a Guitar Hero controller but for real.

RAFAEL BRUSILOW/FOR METRO TORONTO

Humber student David Bernhardt stands with his winning entry.

"I like designing stuff that I would like to see out there," Leslie said.

Transportation category winner and Humber student David Bernhardt, 28, created a design for a utility vehicle that is as small as a compact sedan but can carry as much cargo as a pick-up truck. He calls his vehicle Duro and says he got the idea from watching subcontractors lug around their enormous pick-ups and SUVs in their off-hours, since most of them required the capacity of such vehicles during work hours.

His design for Duro puts separate motors inside the wheels of the vehicle, completely eliminating the need for a lengthy drive-train connection between wheels. Bernhardt also included a special tray underneath the main body of the vehicle, which allows storage of 4 x 8 sheets by simply sliding the sheets in and out of the slot.

Bernhardt conducted months of research into materials, components, design specifications and production-line costs of his vehicle and hand-built a prototype scale-model to show what a finished vehicle would look like. He says the thrill of creating something that people can really find practical motivates him.

"Making something that people look at and go, 'That's a really good idea — I can use that,' that's what really drives me," Bernhardt said.

He loves the challenge that industrial design presents.

"I like the problem-solving aspect of design. When I go to a potential employer I always say I'm a problem-solver," he said.

# Design students vie for top honours

RAFAEL BRUSILOW
for Metro Canada

A visual design competition is nearing its end as talented student designers vie for public votes for their vision of a culturally optimistic Toronto.

The fourth annual Astral Media Outdoor Student Design Competition lets students from the Ontario College of Art & Design (OCAD) create advertisements for the city of Toronto to show off the city's cultural pride. With the top four entries already decided, a public online vote will now determine the winner.

**Have your say**

- To vote for the winner, go to mytorontois.com.

Val Meyer, a representative from Astral Media Outdoor — which helped create the competition in tandem with OCAD — hopes the contest will give students added confidence and experience in having their designs recognized by creative directors and the public alike.

"We like to support young people and the local industry and something like this is really building their portfolio," Meyers said.

Students were tasked with creating an original outdoor artwork design that expresses cultural optimism and demonstrates their own vision of what Toronto is. Meyers says the theme of cultural optimism is meant to highlight the fact that whatever state the economy is in, Toronto is a city that lives and breathes opportunity for people of any culture.

"We chose an optimistic theme this year because there's a lot of bleak news out there and we wanted to remind people that it's a great city we live in," Meyer said.

The winning design, to be picked near the end of this month, will receive a grand prize of $3,000 along with a donation of $2,000 to a charity of the winning team's choice. They will also see their design posted on 50 outdoor shelters across the city in June.

OCAD students Erik Christensen, 24, and Vlad Rudakov, 21, worked together to produce their top-four entry, a cheerful, hand-drawn representation of downtown Toronto floating in the clouds and imploring viewers to "Keep on shining Toronto."

Christensen and Rudakov approached the challenge with one goal: To make people who see their work feel good about it.

The public can vote for one of these final four designs online.

"The whole idea was to get people to smile. We just wanted people to be happy with whatever they saw," Christensen said.

The pair of young designers see the contest as a great chance to expand their repertoire.

"It's a really good learning opportunity for us," Christensen said.

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# George Brown eyes game development

EVA LAM
for Metro Canada

**For Brandon Gardiner, books helped motivate him to take his passion for video games to the next level.**

"I have a collection of concept arts books, where I get to go behind the scenes and look at the steps taken to make a game, and that was always a big interest for me," says the former employee of a video game retailer. "And I set myself a goal to get some of my work published in one of those concept art books."

With that ambition in mind, he enrolled in the new undergraduate game development program at George Brown College, where he is now honing his skills in 3-D modelling, 3-D animation and 2-D art.

"I'm essentially learning all of the things that I wanted to learn and all of the things that I felt would help me get into the game industry," says Gardiner.

The three-year advanced diploma program was launched at George Brown in January as a complement to the school's post-graduate game design program, which prepares its graduates for managerial positions, says program co-ordinator and instructor Jean-Paul Amore.

George Brown College is offering a game development program.

Students in the predominantly art-based game development program will emerge not only with a demo reel but, more importantly, with real-world experience, says Amore. Thanks to partnerships with video game companies, students help out with titles that will potentially go into production.

"Starting from literally Day 1, students are working on commercial video games," he says. "(They) are essentially creating the artistic work for those video games."

Amore says the program gives students a new perspective on the wide scope of game development.

"I find that a lot of students want to create what they play," he says. "They love their Xbox or Playstation video games, and when they enter the program, that's their expectation. But they don't consider other mediums of gaming — for example, web gaming or iPhone gaming — and we also open those doors for students."

Graduates are expected to gain employment as artists in general, but in particular various gaming industry positions such as character animator, texture artist and environment modeller, says Amore.

The program is currently open to any high school graduate, but starting next January applicants will also need to submit a portfolio, a change Amore says was primarily necessary because of the volume of applicants the school has been receiving.

# Programs can help students earn cash

Earning cash throughout the summer is crucial when it comes to either saving for the next school year or paying off those daunting student loans. Now with the struggling economy in the news every day, finding that great summer job may be slightly trickier than in previous years.

However, the Ontario government is making it easier for students to gain practical hands-on experience this summer while earning money. As a student, there are a variety of different programs to help you. Some of these include job preparation, wage subsidies and even the opportunity to run your own business. Read on for more:

**Summer job service:** Free job-search and self-marketing support is available to help students find summer jobs. A $2 per hour wage subsidy is available for eligible employers who provide summer job placements.

**Summer company:** This program helps students start up and run their own summer businesses. It offers hands-on business support and skill development and awards of up to $3,000.

**Summer experience program:** This program provides a variety of summer positions in the Ontario Public Service, its related agencies and community groups. Jobs include some bilingual positions, and are available in many areas, including travel and tourism. These positions range from six to eight weeks.

**Ontario government regular student summer hiring:** Ontario government ministries and agencies provide a wide range of interesting summer jobs for students throughout Ontario. These jobs range from six to 16 weeks.

For a complete description of services and eligibility, visit ontario.ca/employmentontario.

Another service the government offers is access to Employment Resource Centres.

These centres offer free services to community members and assist you with your job search — including employment coaching, resumé critiques, workshops and access to a variety of job postings.

Take advantage of all the services and support available to assist you in landing that great summer opportunity.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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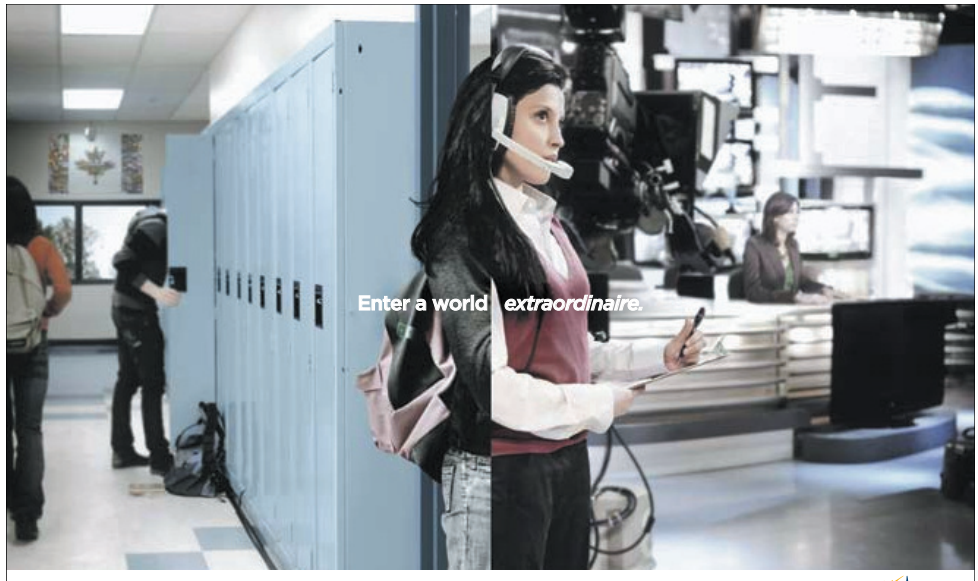

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# 'Big difference between job and career'

**Name:** Terry McCullough
**Years of experience:** 5
**Occupation:** Professor, George Brown College, Centre for Financial Services Education, School of Business and Design

**Q How did you get started in your industry?**

**A** I had been involved in the financial services industry for the better part of 15 years and was approached to teach a summer course at the college. The experience was extremely satisfying, to the point that I made a decision to teach as a career and joined the college on a full-time basis in 2004.

**Q Describe the ideal qualities a person should have to succeed in your industry?**

**A** The profession of post-secondary education demands a commitment to continuous improvement and George Brown College has a mandate to providing teaching excellence as part of their academic strategy. To be able to function at a high level, teachers must be empathetic to the student population — which today is extremely diverse in culture and individual needs.

**Q What kind of background, either educational or other, best suits someone starting out in your industry?**

**A** The minimum requirement to teach at the college level would be a master's degree in the particular field of study and additional education. In the case of personal finance, that would also include the Certified Financial Planner designation administered by the Financial Planner's Standards Council. Continuing education is a cornerstone of developing within the profession and it is common for a professor to enter with a master's degree and during their tenure complete a doctorial degree.

**Q What do you like most about your job?**

**A** Unquestionably the greatest reward is to observe and be part of the personal growth of the students. It is a wonderful feeling to have an employer call and request a reference about a specific student; it is at that point you know they have just landed a great position and it is all the more satisfying in light of the industry being extremely competitive.

Another great perk about the job — and it is hard to call this a job when you love going to work each and every day — is that you get paid to learn.

**Q What are the most challenging aspects of your industry?**

**A** Finding and establishing a balance between work and home life is the most challenging goal. Juggling the demands of teaching, personal improvement, and the everyday challenges on the home front requires organizational skills. Dropping the ball on one front will affect the flight of the others.

Industry411
education@metronews.ca

**Q For newcomers to the industry, what tips would you offer them?**

**A** It is my belief that getting your successful career underway starts before you enter the industry. I would suggest individuals look hard to find a career they are passionate about and set well-defined strategies to achieve entry into that field.

There is a big difference between a job and a career. The former provides a paycheque while the latter provides intangibles such as self-satisfaction, enjoyment, and the formation of friendships. If going to work feels a bit like going home, then it is probably a family atmosphere. If you have that feeling, then your career is probably on the right track.

**Q What kind of local associations/organizations/volunteer activities would you recommend?**

**A** The financial services industry has a structure for those entering the industry. Taking the initiative to complete the Canadian Securities Course positions one to enter the industry, and after that, obtaining the Certified Financial Planner designation opens many doors to furthering your career.

I am always impressed when I see volunteer activities on a resumé. It is a clear indication that the individual not only has developed some team building and communication skills but is also organized. Finding time to help others when life is full of other demands shows a strength of character.

Prof. Terry McCullough.


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**Learning Curve** is a monthly feature that focuses on education and student life. Next month's issue comes out on June 9.

# Focus on filmmaking

RAFAEL BRUSILOW
for Metro Canada

**For people who realize that sometimes the best stories are found in real life, the new Documentary and Filmmaking Summer Institute at Seneca College's School of Communications Arts might be just the thing to awaken their inner documentarian.**

The new 14-week Documentary and Filmmaking Summer Institute at Seneca College offers fledgling filmmakers a chance to learn filmmaking skills and tricks directly from the pros, using professional equipment.

Program director Sunny Yi says it is meant to be completely hands-on from the start. Students will learn every aspect of the production, business and creative sides of the industry.

"The whole institute is designed to simulate the industry out there," Yi said. "There's no homework, there are no textbooks, just the visual exercises that give you the experience and practice in documentary filmmaking."

Yi, herself a celebrated veteran documentary filmmaker famous for being the first Western journalist allowed to report from inside North Korea, says students can expect to gain not only skill with the tools of filmmaking but also a greater understanding of the art of storytelling.

"It doesn't matter how fancy a camera you have, if you can't tell a story with a beginning, middle and end, it stops there. It's all about the storytelling," Yi said.

All camera and editing equipment will be provided by Seneca and instructors will be pulled directly from the industry to drop by and teach, such as Jennifer Baichwal, director of the documentary Act of God, which just screened at the Hot Docs festival.

Yi says the goal of the program is to grant students practical, job-ready skills in the field of documentary filmmaking.

"We want to make sure students have what it takes to go out and get that work," Yi said.

"I'd like to use documentaries as a tool to be on the leading edge of my industry," said Jennifer Holmes, 32, who is studying disaster emergency management at York University. She says she wants to learn to make documentaries over the summer as tools for educating people about emergency responses during a disaster.

The new Documentary and Filmmaking Summer Institute at Seneca College can awake students' inner documentarians.

For 48-year-old James Wood, the program is a chance to finally take a whole-hearted crack at something he has always loved. Wood worked in the television industry for 25 years in a variety of roles but never got the chance to make his own documentaries.

"I'm taking this opportunity to learn documentaries, which I love," Wood said.

"I kind of think I'll have to erase a lot of stuff that I know, but I think I'm not too old to learn a few new tricks."

Yi is still accepting applicants until May 15; the 14-week program begins on June 1.

# York U sets its sights on neuroscience

BRIAN COULTON
for Metro Canada

Medicine has long been the brand upon the brain in the field of neuroscience. But a new diploma program at Toronto's York University aims to change that.

"People are realizing (neuroscience) impacts a lot of other areas of society besides medicine. It does have other impacts," said Doug Crawford, co-ordinator of York's two-year intensive Neuroscience Diploma Program.

"(In) education, for example, neuroscience is telling us a lot about how the brain learns. (In) computer science, the brain is a fantastic computer and there's a lot for us to learn about applying that knowledge to making more sophisticated learning machines."

The diploma program admits applicants who have already been accepted into a master's or PhD program in psychology, kinesiology and health sciences or biology. To gain entry, prospective students must submit their transcript, resumé and a one-page written summary of interest, as well as find a York faculty supervisor willing to oversee their research.

"We want to make sure their research is in line with our program — that it is neuroscience-related," said Crawford. "Clinically, it could be anything from autism to Alzheimer's, and in terms of basic research, it could be anything from vision to what's going on inside cells in the brain."

Matching the wide research base is the variety of working world opportunities student David Cappadocia said exist after graduation. "There are people in the program that want to get into forensics research for the RCMP, there's someone like myself who's looking more at a professorial research-type career, and there are some people that want to go to medical school."

The 22-year-old program rookie said the diploma will give him a more broad neuroscience background, allowing him to apply for more jobs in academia because he'll be qualified to teach more courses. "One thing that happens in science in general is you get really specialized in one little niche related to your research. A program like this really helps add breadth to your knowledge base, which can help you down the road."

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# Nursing 'not just bedside care': Student

EVA LAM
for Metro Canada

Poonam Sharma may have two more years to go in her four-year nursing program, but she's already helping to groom the next generation of frontline health-care workers.

As a student nurse ambassador for the Registered Nurses' Association of Ontario (RNAO), Sharma travels to high schools to speak to teens about what a career in nursing has to offer.

"It's a growing field, and we want them to know it's not just bedside care," says Sharma, who is in the University of New Brunswick-Humber College collaborative nursing program. "There is so much you can do with nursing. You can work for public health, you can further your education and become a nurse practitioner."

Nursing students like Sharma have ample opportunity for hands-on learning in an array of practice settings. Those interested in working as a nurse in Ontario can go one of two routes: A four-year bachelor's degree in nursing to be a registered nurse, or a two-year diploma program to be a registered practical nurse.

As a student in the Ryerson University-George Brown College collaborative nursing program, Andrea Magat took on a different clinical placement in each year of study, progressing to a year-long placement at Toronto General Hospital in her fourth and final year.

"The nurses were supportive of nursing students, and it was just a great environment," she says.

While many of her former classmates were hired at the same organization where they did their final-year placement, Magat was disappointed to learn earlier this year that Toronto General has imposed a hiring freeze due to budgetary constraints and wouldn't be able to take on new graduates.

"Hearing about all the hospital cuts and budget cuts and everything else, it's scary," she says. "I guess it's just self-initiative for each individual new graduate to market themselves out there."

One tool she's using in her job hunt is the Nursing Graduate Guarantee program. Launched by the province in February 2007, the initiative provides funding to health-care organizations to hire new graduates for a six-month period.

The Ontario government has invested $183 million in the program so far and will continue implementing the program for the 2009-2010 year.

Sharma may be a couple of years away from graduating, but she has already found plenty of opportunities outside the classroom to advocate for healthy living. She leads Humber's "Leave the Pack Behind" anti-smoking campaign and has also acted as a peer health mentor on issues such as oral health, drawing on her experience as a preventative dental assistant before entering the nursing program.

"I love working with patients and I love being able to make a difference — and I'm able to advocate for patients as a nurse, which is a big part of nursing that a lot of people don't know about," says Sharma. "It's science and it's art, (so) you do get a really good perspective of everything."

Nursing students have many opportunities for hands-on learning.

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# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

# Allergy season is here

BRIAN COULTON
for Metro Canada

**With spring in full swing, the sun marks the start of patio season for some but allergy season for many others.**

Between 20 and 30 per cent of Canadians have a genetic predisposition to developing an allergic disease, according to Dr. Peter Vadas, director of the Allergy and Clinical Immunology division at St. Michael's Hospital in Toronto.

"For those who grow up in a certain part of the world — if they've grown up in southern Ontario, for example — they'll typically start to develop their allergies in late childhood into early teen years," said Vadas, "They typically intensify over their teenage years, into the young adult years, and then stabilize."

Tree pollens in early spring, grass pollens in late spring and outdoor molds on damp, humid days are the most common kinds of spring-specific allergies, said Vadas. But he contends running noses and watery eyes shouldn't stop allergy sufferers from enjoying spring weather.

"We all want to be outdoors in the nice weather," said Vadas, "If people keep their doors and windows closed during the pollen season and run the fan on the air conditioner — not necessarily the compressor if it's cooler — then that will help to clean the air as it's being pulled indoors."

**"Caffeine stimulates histamine in the body and histamine is what gives the swelling of the allergic reaction."**
Eloise O'Ball, registered holistic allergist

If such pollen prevention doesn't work, Vadas recommends over-the-counter antihistamines bearing a "non-drowsy" label to treat allergies. While more expensive, he said they have fewer side effects than "drowsy" ones.

"If a person's symptoms don't respond well to antihistamines, then they can consult a physician and try prescription eye drops and nose sprays, which also work very well."

But chemical drugs only cover up problems rather than solve them, according to registered holistic allergist Eloise O'Ball of Vancouver's Pacific Allergy & Wellness. She said natural methods like needle-less biofeedback testing that uses a machine to open the body's "meridians" to clear allergen blockages alternatively gets to the root of problems by responding to the body's "innate wisdom."

"I see many people and they're breathing easier, eating the foods that used to bother them and their rashes clear up," she said, "Many symptoms just seem to fall by the wayside once their immune system has been freed of whatever allergen it is."

But if you can't consult a holistic practice, O'Ball said consuming less caffeine products like coffee, tea and chocolate can help prevent spring allergies.

"Caffeine stimulates histamine in the body and histamine is what gives the swelling of the allergic reaction. By decreasing your caffeine level, you will decrease one of the areas of the allergic response."

ISTOCK PHOTO

Between 20 and 30 per cent of Canadians have a genetic predisposition to developing an allergic disease.

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## Sinful or sweet?

Chocolate won't exactly help you lose weight. But researchers are finding good reasons to call dark chocolate a superfood.

• **MAY IMPROVE SKIN** Researchers at Germany's Heinrich Heine University exposed chocolate eaters to ultraviolet light and found that after six weeks, they had 15 percent less skin reddening than those who didn't eat it.

• **CHECKS CANCER** Georgetown University researchers found that when breast cancer cells were treated with chocolate flavanols, the cells stopped dividing. The findings could also apply to other cancers.

• **RELIEVES FATIGUE** Chronic fatigue syndrome patients who ate 1.6 ounces (45 grams) of dark chocolate daily for eight weeks were less tired than when fed placebos. Researchers think it boosts the neurotransmitters regulating sleep and mood.

BEST HEALTH MAGAZINE

# Anti-allergy cleaning tips

CELIA MILNE
for Metro Canada

**Do you realize that cleaning your home could cause asthma and allergies?**

According to the Asthma Society of Canada, chemical fumes from air fresheners and cleaning products are among the most common allergens in the home — along with dust mites, mold and pet dander. Perfume and hair spray are also possible allergens.

For Asthma and Allergy Awareness month (May), Dyson microbiologists have teamed up with the Asthma Society of Canada to raise awareness of cleaning methods that reduce asthma and allergies.

Here are a few cleaning tips for reducing asthma and allergies. These are developed by Lorene Tortolo, who runs keepingHOUSE, an eco-friendly cleaning company in Toronto, as well as experts at Dyson and the Asthma Society of Canada:

• Avoid commercial air fresheners, as they release chemicals into the air. You can create your own air freshener by adding 10 drops of your favourite essential oil to water in a spray bottle.

• Toilet cleaners contain strong chemicals such as chlorine and hydrochloric acid. For a safer cleaner, use undiluted vinegar. Or, believe it or not, you can pour a can of soda pop into your toilet to bubble away grunge.

• Vinegar is a great cleaning product and a natural disinfectant. If you don't like the smell of vinegar, you can dull it down using a few squeezes of lemon or a few drops of your favourite essential oil.

• Baking soda is a natural odour-absorber. To scrub dirt and stains and reduce odours, use a microfibre cloth with a mixture of baking soda and water.

• To keep out pollen, have everyone who enters your home remove their shoes at the door.

• Vacuum all carpets and even curtains and your bath mat regularly. If someone in your household has allergies or asthma, you might consider investing in a Dyson vacuum, as they are specifically designed to reduce allergens.

(Dyson is donating more than 10 asthma- and allergy-friendly certified vacuums to Boys and Girls Clubs of Canada as part of the Dyson Clean Air for Kids program).

ISTOCK PHOTO

Reduce asthma and allergy reactions by employing eco-friendly cleaning methods like using vinegar as a disinfectant and baking soda as an odour-absorber.

# Do it yourself beauty from head to toes

**AESTHETICS** So you're skipping the fancy coffees, brown bagging to work and going longer between haircuts. But here's another way to save: Do things yourself rather than paying someone else to do them.

Many women spend a ton of money on their hair and nails. But they don't have to, say beauty experts.

For your nails, once or twice a week, soak them in soapy water, file them and then buff them for a nice sheen, says Nadine Haobsh, author of Confessions of a Beauty Addict, who does her own manis and pedis.

Use a cuticle cream to soften the cuticles and nail bed.

Feel free to skip the fingernail polish, she said. A few swipes of colour on the toes will make an at-home pedicure look more professional — she's a fan of the always-in-season burgundy or red — but if you have attractive feet, you can go without.

Make sure to keep your hands and feet super moisturized.

Haircuts are best left to the experts. However, people can cut their own bangs, said Kenneth Darrell Creel of Studio 627 in Murfreesboro, Tenn. Cut the bangs while they are dry, and cut vertically into the hair rather than horizontally, he said.

To keep hair colour looking fresh, do your own touchups, said Creel. Apply colour to the roots once a month in between treatments. See a professional at the end of the third month, he said.

Stick to simple touchups, said Creel. Highlights and applying multiple colours are best left to a professional.

THE ASSOCIATED PRESS

Keep fingernails up to snuff with a weekly soak in soapy water, file them and then buff them for a nice sheen once or twice a week.

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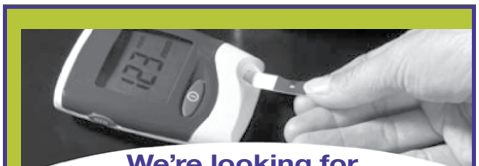

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## Bee-ware of those stingers

These tips will help you avoid painful and, for some, potentially life-threatening, insect attacks.

- Keep your shoes on. Honeybees are attracted to the clover that grows on lawns and fields.
- Don't rely on repellents. They might keep away those pesky mosquitoes and black flies, but most are ineffective against flying, stinging insects.
- Don't attempt to swat or "shoo" away bees. It's best to gently brush them away or – better yet – be patient and let them fly off when they are ready.
- Watch your pop can. All types of insects love sugary beverages and will climb right into the tin, box or glass to enjoy them.
- Use tight lids on garbage cans, which are wasp magnets.
- Avoid sweet-smelling hairspray, deodorant or perfume.
- Don't wear bright clothing, especially articles that include a floral pattern.

TORSTAR NEWS SERVICE

# Outdoor dangers

## Nature lover embraces immunotherapy to protect against bee allergy

**Eric Green, 65, has been hooked on the outdoors since he was a boy.**

He loves the open sky and the darkness of a deep, hushed forest.

His "other car" is a canoe.

And it's just not the user-friendly summer months he cherishes. Some of his best times have been spent camping in arctic temperatures during the steely grip of winter. He's even been face-to-face with a lost and bewildered bear.

Yes, he loves Mother Nature – and with the benefits of venom immunotherapy – he'll embrace her for many more years.

Venom immunotherapy is the act of injecting allergic patients with diluted amounts of insect venom — in Green's case, yellow jacket venom — to boost immunity to stings.

You see, it was the very same Mother Nature he loves that almost killed Green about 10 years ago.

"I was bit by a hornet as a child but it never came to anything ... It hurt and I cried, but that was about it," Green says. "But this was different."

This time, he was stung about 20 times after disturbing a yellow jacket nest in the backyard of his Markham home.

"I went in the house and started to draw a bath and I was OK, then all of a sudden I knew I was in trouble," he says, remembering the dizziness and shortness of breath. "I called my wife, we got in the car and she went through red lights as we raced to the hospital."

The last thing he recalls is a nurse assuring him she would be with him in a minute, then he collapsed into unconsciousness from anaphylactic shock, a potentially life-threatening allergic reaction that constricts airways and affects circulation.

A good dose of epinephrine revived him.

Once recovered, he looked for solutions to the new, unexpected problem in his life: How to go camping when a simple bee sting can kill you.

He heard about Dr. David Hummel, a Toronto allergist, who was offering immunotherapy.

"It works," Green says. "I've been stung since (being on the therapy) and I was fine ... there was no reaction."

But just to be sure, he always carries a portable dose of epinephrine in an EpiPen.

Hummel, who heads the anaphylaxis section of the Canadian Society of Allergy and Clinical Immunology, says the most dangerous culprits are the yellow jacket, honeybee, paper wasp, white face hornet and yellow hornet.

Venom immunotherapy can get results, he says.

He says people with a history of severe reactions to a sting have a 60-per-cent likelihood of another reaction if stung again. But venom immunotherapy can reduce the risk to less than five per cent, he says.

Patients are tested on all five insect venoms — regardless of what species caused the initial reaction — and given diluted amounts of any poison that causes a reaction.

It can take from a few days to a year to create an immunity, depending on the patient. A typical regimen begins with weekly injections of diluted venom, levelling off to a "two-sting dose" every six to eight weeks. Some patients, Green among them, need the injections for life.

Green is relieved venom immunotherapy has kept alive his communion with nature.

"It's a good feeling knowing that I should be all right," he says. "I love being outside and the injections just make everything so much easier."

TORSTAR NEWS SERVICE

TORSTAR FILE PHOTO

Eric Green still enjoys the great outdoors even though he is allergic to bee stings. He is taking venom immunotherapy.

## Broccoli cuts cancer risk

CELIA MILNE
for Metro Canada

**FOOD** Mom was right when she said "Eat your broccoli." Or, even better, eat your broccoli sprouts!

Broccoli sprouts are rich in a phytochemical called SF, which kills a common gut infection (called Helicobacter pylori) that causes stomach cancer, according to a new study conducted in the U.S and Japan.

For the study, 48 patients who were infected with H. pylori were randomly assigned to a group eating broccoli sprouts (70 g/day) for eight weeks or an equal amount of alfalfa sprouts (not containing SF). There was a 40 per cent reduction in the level of infection in those who ate the broccoli sprouts, and no reduction with alfalfa sprouts.

"This clinical trial says if you eat broccoli sprouts it looks pretty good that you will reduce H. pylori infection and by association reduce your risk for stomach cancer," Dr. Jed Fahey, faculty research associate at Johns Hopkins University in Baltimore, MD told Metro.

Broccoli sprouts may help prevent other cancers too. Eating two servings a day of cruciferous vegetables – which include broccoli, kale, cabbage, cauliflower and bok choy – reduces your risk of colorectal cancer.

Broccoli sprouts can reduce gut infections that lead to cancer.

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# The art of seduction

## Documentary looks at men's pick up techniques

**"We all want to be seduced. But no one likes to be conned. And using trickery and gimmicks to pick up women is pathetic and sad."**

It must have been so much easier when a guy could just grab the gal he wanted and drag her by the hair to his cave.

OK, so that whole dragging a woman by her hair business is a myth, supposedly created by authors of prehistoric fiction in the 19th century. But there's a reason it caught on, no doubt, in part, because seducing women is about as easy for most guys as knowing what she really means when she says "I'm fine."

How else do you explain the rise of "the seduction community," men who gather in "lairs" to learn how to use social psychology, hypnosis and mind-control techniques to pick up women, a phenomenon explored in The Seducers, airing tonight on Vision TV.

The documentary by Albert Nerenberg and Shannon Brown (creators of the award-winning documentary Stupidity) is a disturbing look at how this movement preys on AFCs or Average Frustrated Chumps, a term coined by Ross Jeffries, one of a handful of famous pick-up artists who teach what has come to be known as "The Game."

Using psychological tricks to trigger subconscious desire, embedded commands to steer a woman's mind into thinking erotic thoughts, "weasel" words with a double entendre, such as saying something like: "I'd like to take this conversation in a 'new direction.'" Repeat that last bit in your head slurring the last two words together. Get it?

It's pretty sleazy stuff but these guys insist it works. Sometimes a little too well.

Kai, formerly shy, insecure and awkward with women, admits in the documentary that once he perfected the technique, it became addictive. So addictive that he says it was twice as hard to get out of the "community" than it was to get into. He lost sight of what was real and struggled to learn how to be his genuine self again.

Stephane also got out of the game but had to relearn how to trust that love could be real and not just trickery and psychological manipulation.

We all want to be seduced. But no one likes to be conned. And using trickery and gimmicks to pick up women is pathetic and sad.

Frankly, compared to what these guys are teaching men, getting dragged by the hair into a cave sounds downright pleasant.

The Seducers airs tonight at 10:30 p.m. EST on Vision TV.

ISTOCK PHOTO

The Seducers, airing tonight on Vision TV, explores the social psychology, hypnosis and mind-control techniques a "seduction community" of men employs to pick up women.

- Do you think anonymously leaving a copy of Josey's recent column on vaginal rejuvenation in a colleague's mailbox qualifies as sexual harassment? Weigh in on Josey's new blog Sexcetera at metronews.ca/toronto/blogs.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

# New website warns teens, young adults

**ANAPHYLACTIC REACTION** Bridget Yard is one of 15 members of a youth advisory council who are sharing their experiences with anaphylactic allergies on the new website, whyriskit.ca, which launched last week.

The site, a brainchild of Anaphylaxis Canada, targets teens, preteens and young adults, providing them with information and resources to help them cope with potentially fatal allergies.

The website is packed with tips for teens at risk, including an online magazine, podcasts and a reaction registry that will allow teens to document and share their experiences.

Kyle Dine, program co-ordinator for Anaphylaxis Canada, says the causes are at least twofold. With independence comes the increased likelihood for exposure to allergens, through new restaurants and relationships and experiences.

He hopes whyriskit.ca will inform and educate young people about the risky situations — such as parties, where drinks may be shared, or kissing — they are likely to find themselves in.

TORSTAR NEWS SERVICE

### At risk

- Although 1.5 million Canadians are at risk for anaphylactic reactions, the numbers are disproportionately high for young people, with more than 268,000 between the ages of 10 and 25.

TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

Degrassi star Lauren Collins has been dealing with a severe peanut allergy since childhood. She's been talking to youth to raise awareness about allergies.

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*-Laura M., Sweden*

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*Laura M., Sweden*

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# Injection awareness

## The right way to deliver an epinephrine shot

JANINE FALCON
for Metro Canada

TORSTAR FILE PHOTO

Delivered properly, a shot of synthetic adrenaline (epinephrine) can stop anaphylactic shock and buy the patient enough time to get the help he or she needs.

**If you are, or are close to, one of an estimated 1.2 million Canadians with severe food or insect allergies, you know an injection of synthetic adrenaline can help put the brakes on a potentially deadly reaction.**

But although the procedure isn't especially complex, according to Laura Bantock, director of the Western Region of Anaphylaxis Canada, there isn't enough awareness about what she calls "emergency preparedness."

Delivered properly, a shot of synthetic adrenaline (epinephrine) can stop anaphylactic shock — characterized by a number of allergen-triggered symptoms including difficulty breathing, cramps and collapse — and buy the patient enough time to get the help he or she needs.

The delivery method is an auto-injector, which most people know by a brand name, EpiPen; another is Twinject, a similar device which also contains a backup dose.

Using an auto-injector is simple: remove the cap, keep fingers away from the black tip so as to avoid the needle, jab the device against the muscle on the side of your thigh, and wait 10 seconds. But timing is crucial. "Fatalities are linked to delays in administering the medication," says Bantock. "The injection must be delivered at the onset of symptoms."

And the emergency-response process doesn't end there. Although an injection can halt an anaphylactic reaction, it's designed to allow patients only about 15 minutes to get proper medical assistance. That symptoms might return or worsen, or that help might be more than 15 minutes away, are real dangers.

After injection, the next step should always be a 911 call, and, in the case of children, a call to a parent. As well, a second injection might be necessary, and patients need to be particularly watchful for recurring symptoms in the days following.

"We strongly recommend that parents, patients — anyone in a position to help — practise for the occasion for which they'd need to use an auto-injector," says Bantock, who herself has a teenager who has serious food allergies.

Especially in schools, Bantock says, it's important to identify which students are at risk, and to be alert to any signs of immune-system distress so that assistance is as swift as possible.

For more on anaphylaxis, symptoms (some aren't as obvious as laboured breathing), and emergency protocols, visit anaphylaxis.ca and allergysafecommunities.ca.

For auto-injector information, including video tutorials on how to use them, visit epipen.ca and twinject.ca.

# Healthy summer sandals

## What to look for when shopping for footwear

LIZ TAYLOR
for Metro Canada

**Cute summer sandals don't have to mean sore feet and a misaligned body. Follow these seven tips to find sandals that feel as good as they look.**

### 1. Choose quality over quantity

How to find a healthy summer sandal? Buy smart, says Spiros Marinos of Nick's Shoe Repair. When looking for a quality summer sandal, be prepared to invest. Look for a sandal made entirely from leather, insoles as well as outsoles. It's expensive — be prepared to pay upwards of $100 — but your feet will thank you.

### 2. Find room for your toes

Rounded, square and open-toed shoes all help to prevent toe crowding. Cramped toes can lead to aches, blisters, corns and even bunions. Crowded toes can even result in foot fatigue and pinched nerves, so make sure that all of your toes can move freely within your sandal.

### 3. Choose the right heel

Wedge, tapered heels and low, square heels absorb pressure. Stiletto heels force the body forward and the buttocks back for balance. Over time, says chiropodist Salman Alam from the Complete Foot Health Clinic, high heels can cause shortening of the calf muscles and knee and back problems.

### 4. Choose quality soles

Look out for one-component soles as they provide more support than split soles. A rubber outsole provides excellent traction in the case of a surprise spring shower. Chiropodist Salman Alam cautions that sandal bases should not be too flimsy or allow too much flexibility — you need strong support, especially in a walking sandal.

### 5. The more straps, the better

The more straps, the better, says chiropodist Salman Alam. Adjustable leather straps help to ensure fit because they accommodate either a narrow or wide foot and decrease slippage. Alam also cautions against sandals that require you to grip with your toes. Over time, gripping can cause toe cramps, foot fatigue and even clawing.

Clockwise from top left: Geox D Roxy gold sandals, $130 (geox.com for stores); Quad Comfort Charm shoes, $29.99 at Mark's Work Warehouse; leather snakeskin wedge, $79.99 at Feet First; red square heeled sandal, $148 at Browns.

### 6. Find sandals that breathe, and keep them clean

Geox specializes in micro-holes in the rubber outsoles to keep hot feet dry. Heat build-up in shoes cause odours from bacterial growth, and the presence of bacteria increases your risk of foot infections. To clean most leather shoes and insoles, use a soft cloth and white vinegar for instant refreshing.

### 7. Pick comfort above all

Go shoe shopping at the end of the day when feet are at their largest. Comfort has to trump style when you're on your feet all day.

### Analyze your feet

- Check out the recently launched website adayinmyshoes.ca (from Mark's Work Warehouse). It features fun facts about feet, a lifestyle quiz, an "ask the expert" section and a discussion forum.

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**Office star gets a promotion**

NBC has given Mindy Kaling (a.k.a. The Office's Kelly Kapoor) her own show. Kaling has signed a two-year, seven-figure deal to continue writing, producing and starring in The Office, while she'll also develop a new show for the network, in which she will probably star. TVGUIDE.COM

# Entertainment

**Strange case**

Keanu Reeves is to take on the lead role in new movie Jekyll. The Speed actor will star in the big-screen adaptation of the classic book The Strange Case of Dr. Jekyll and Mr. Hyde. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

# The Vatican rebuilt

## Landmarks replicated on L.A. soundstage for Angels & Demons

RICHARD CROUSE
for Metro Canada

**While sitting atop the Castel Saint Angelo in Rome waiting to interview Angels & Demons star Ewan McGregor, I had a panoramic view of the city and the beautiful chaos that makes life in the Eternal City tick.**

The traffic is crazy and there are people everywhere. It's an intense place, even more so, I imagined, if you were shooting a big budget Hollywood picture that takes place in some of the city's busiest spots.

"The funny thing is I didn't shoot any of it in Rome," McGregor said when asked. "I shot in this place called Caserta. There's a palace in Caserta that I thought it sounded really romantic, so I arranged for my wife to come over and spend a weekend with me, but it's a dump, a horrible place. I'm sorry but it's just a suburb of Naples that's exploded around this old palace. It's really nasty. Not a good place.

"Apart from that I did most of my stuff in L.A. because my character is mainly inside the Vatican and of course, the Vatican didn't want us to shoot inside their buildings so they built the Sistine Chapel on the Sony soundstages in L.A.

**Movie feature**

They also built the exterior of St. Peter's Square, this huge, huge set, in the parking lot of Hollywood Park Racetrack in south L.A. That was cool. I saw it from an airplane. I was landing at LAX and I looked down and thought, 'God, that's a big set… look at that.' Then I realized it was ours."

Despite never having stepped foot in an actual church during the shoot, McGregor convincingly pulls off the roll of Camerlengo Patrick McKenna, a priest who acts as the pope's right hand man in the film adaptation of Dan Brown's novel.

"We had a priest from New Jersey who came over and was our religious advisor for any of the technical things," McGregor said, "the ceremonies and the ritual stuff. But he also gave us a kind of idea of what would be going on behind the scenes during those ceremonies and humanized it for us.

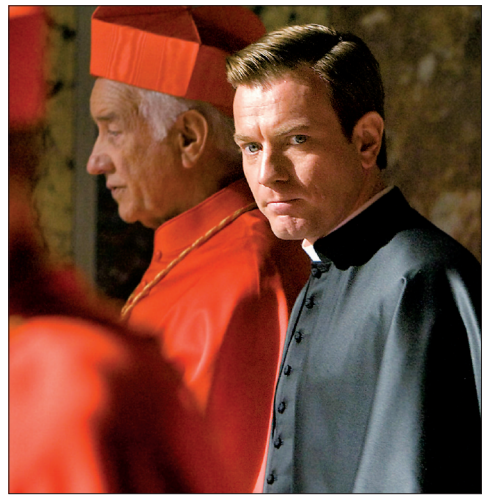
"It looks so precise from the congregation's point of view but in actual fact behind the table there is a guy with matches trying to light the incense. He put that into it for me which was great."

The training paid off, he says, at least superficially.

"I didn't get to understand the meaning of all the ceremonies; why everything is in a certain order, but I did learn enough to look like I knew what I was doing, hopefully."

**Coming to theatres**

- Angels & Demons opens Canada-wide on Friday.



Ewan McGregor plays Camerlengo Patrick McKenna, a priest who acts as the pope's right hand man in Angels & Demons.

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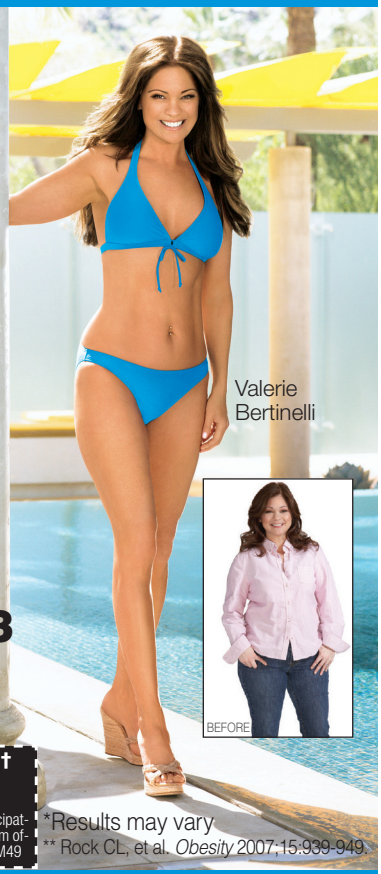


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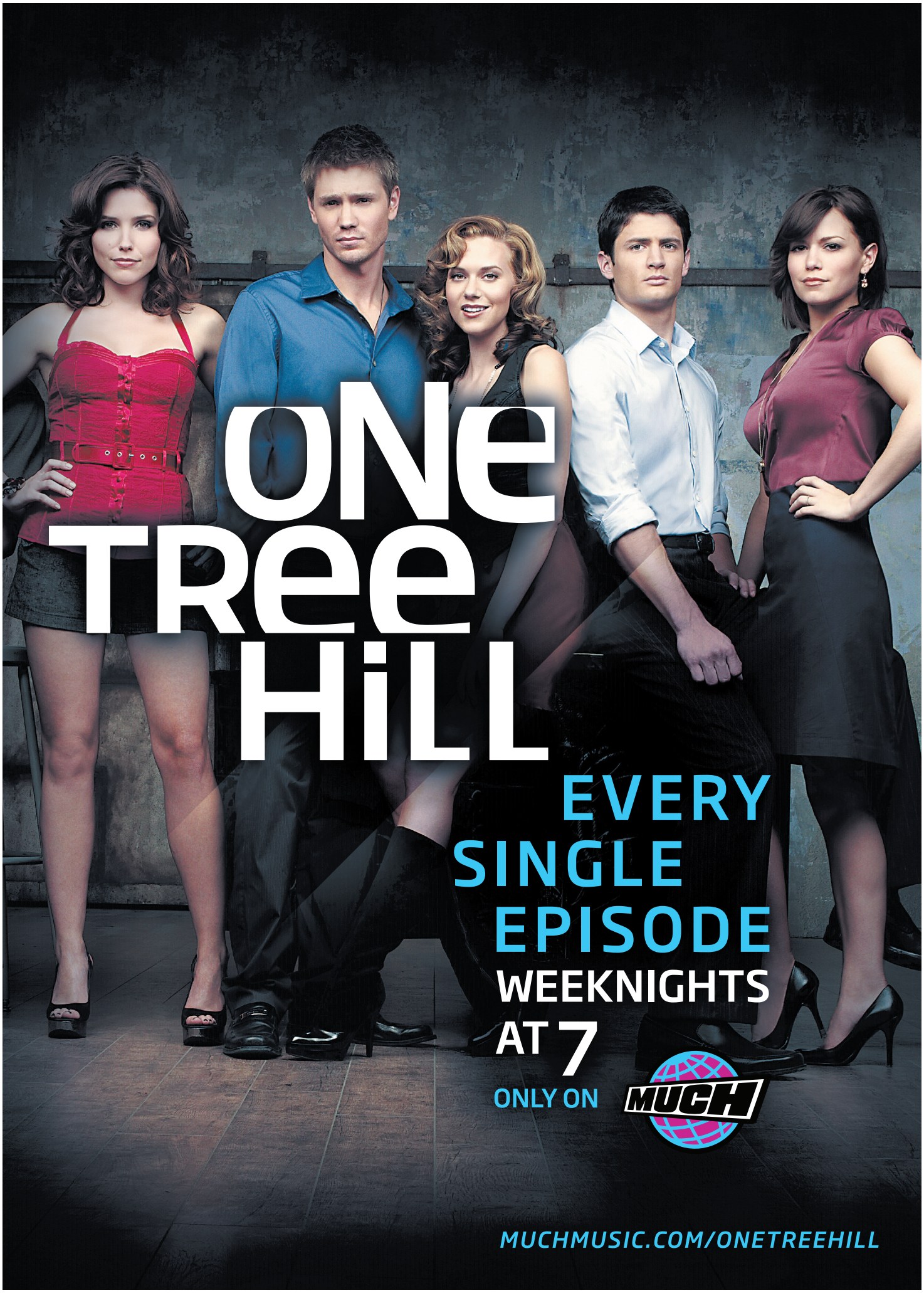
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**Country music ambassadors**

Country artists Brooks & Dunn and Dierks Bentley have been honoured by the Country Music Association for promoting the genre overseas. THE ASSOCIATED PRESS

# Ahead by a Century

## Green Day's latest more direct and angry than American Idiot

BRYAN BORZYKOWSKI
for Metro Canada

WARNER MUSIC PHOTO

21st Century Breakdown, the followup to American Idiot, is steeped in rich, layered punk sounds.

**Green Day was never supposed to be one of the biggest bands in the world. The trio's apathetic songs about suburban life — smoking weed, boredom, self-loathing — backed by simple chord progressions that any middling guitar player could have created, were never good enough to see the outside of a garage.**

But, the band's songs were unbelievably infectious and, if the '90s proved anything, it's that there was a market in talentless rockers playing for apathetic, pot-smoking suburban teens. So, in hindsight, it's really no surprise that three punk-loving losers from California became the biggest mid-'90s band, selling 15 million copies of their third album, Dookie.

There's no way Green Day should still be one of the biggest bands in the world, though, and, if you said in 1994 that not only would they be selling out arenas in 2009, but that they'd be doing it singing deadly serious, politically charged songs about war and urban decay, you'd be laughed right out of the room.

The band should have broken up in 2000, before they released Warning, a pop record that, thanks to the popularity of Good Riddance (Time of Your Life), tapped into the band's acoustic side. By that time the group was selling a couple of million albums per disc — not bad, but no where near Dookie's figures — and Britney Spears was about to peak.

It would have been the perfect time for Billie Joe Armstrong, Mike Dirnt and Tré Cool, to throw in the towel. Their musical legacy wouldn't have loomed as large as Nirvana's, but plenty of people had some laughs, and a few sore throats, thanks to the trio's lyrics and incredibly catchy pop-punk melodies.

But, then something happened. America went to war and millions of U.S. citizens, including Green Day, began wondering how their country lost its way.

The band was inspired. So much so that its members wrote an ambitious Who-like rock opera, American Idiot, about the evils of war, rednecks and former U.S. president George W. Bush's politics. Shockingly, it sold 12 million records worldwide and put Green Day in the same class of socially conscious musicians like The Clash and Bruce Springsteen — a fact that would have made most people cringe just a decade before.

Since then, people's respect for these punks hasn't wavered. If anything, Green Day is exceeding expectations once again. The latest disc, 21st Century Breakdown, is another epic effort, this time with 18 songs split into three acts. The threesome is still full of thought-provoking messages; Topics include rioting in Oakland, media saturation, religion, alienation and the list goes on. The disc, which is steeped in rich, layered punk sounds, is even more direct and angry than American Idiot.

By now, it's no surprise that Green Day is one of the biggest bands in the world. In fact, it really never should have been. While the group has clearly reinvented itself, ultimately the band members are not doing anything they haven't done before. Dookie tapped into what teenagers in the '90s were feeling, while 21st Century Breakdown tackles what those same people, now in their 20s and 30s, feel now. Who knows what the future has in store for Green Day, but one thing's for sure, don't be shocked if they're still topping charts in another 10 years.

### The Breakdown

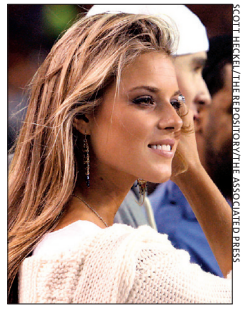
- Green Day's new album, 21st Century Breakdown, is available this Friday.

# Donald Trump must decide if Miss California keeps her title

**PEOPLE** Officials of the Miss California USA pageant strongly criticized some of the actions of titleholder Carrie Prejean yesterday but said it's not their decision whether she should be stripped of her crown.

Co-executive directors Keith Lewis and Shanna Moakler told a news conference that only Miss USA pageant owner Donald Trump can make that decision. He plans to hold a news conference at 11 a.m. today in New York City.

The officials said Prejean has been "unavailable" and so, in the meantime, they have appointed the state pageant's runner-up, Tami Farrell, as a Beauty of California Ambassador to fulfil any duties the winner normally would handle.



SCOTT HECKEL/THE REPUBLICAN/THE ASSOCIATED PRESS

Carrie Prejean

Lewis said that if Trump allows Prejean to retain her crown, state pageant officials would welcome her back and encourage her to take part in her normal duties.

"We're still going to be able to fulfil our duties no matter if Mr. Trump offers a second chance or utters his famous line from The Apprentice," Lewis said (meaning, of course, "You're fired").

Prejean, 21, of San Diego, created controversy during the Miss USA pageant when she answered a judge's question by saying she believes marriage should only be between a man and a woman. The state pageant has been investigating whether she violated her contract by making appearances with groups opposed to same-sex marriage. Prejean also failed to reveal that she posed in her underwear as a teenager.

THE ASSOCIATED PRESS

## Calendar Girls return after decade

**PEOPLE** A group of English women who posed naked for a calendar 10 years ago to raise money for cancer research are shedding their clothes again. The women — whose first calendar inspired the movie Calendar Girls — have come out with a new 2010 calendar.

THE ASSOCIATED PRESS

Kenya's Style

**Kenya Hunt**

Read Kenya's blog at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

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**Leno's final guest list**

Mel Gibson, Arnold Schwarzenegger and Billy Crystal are ready to share a last laugh with Jay Leno, left. The stars are among the big-name guests lined up for Leno's final week as host of The Tonight Show, beginning May 25. TVGUIDE.COM

# Super Storymakers

## Cruise, Diaz among guests in special episode

**Tom Cruise says he'd try directing if he weren't so busy with a different kind of off-camera project: Parenting.**

"It's really about my kids," explains Cruise, the father of three children, who says directing a film would be even more time-consuming than producing or performing.

"One day I will do it, but right now, I'm having so much fun as an actor," Cruise says on AMC's Storymakers, which airs Friday (10 p.m. ET). The special is co-hosted by show-biz veterans Peter Bart and Peter Guber.

Tom Cruise

Other guests include Judd Apatow, Nick Cassavetes and Cameron Diaz, who stars in My Sister's Keeper, directed by Cassavetes. "They should give tissues with it as a promo," Diaz says.

Cassavetes talks about going to the movies "for an experience of connection."

"You don't go to be tricked or to be wowed," he says.

Then Apatow, writer, director and producer of Funny People, starring Adam Sandler, defends his practice of including male nude scenes in his comedies.

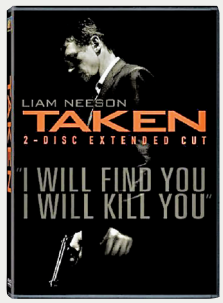
"How come it's always in a drama?" says Apatow. "How come you CAN'T do comedy with a naked man?"

THE ASSOCIATED PRESS

## DVD picks

### Taken

**Director: Pierre Morel**




**THE QUIET** Irish actor Liam Neeson doesn't often get a chance to go on an extended tear, but he really busts loose in this bracingly effective thriller.

Neeson is Bryan Mills, an ex-CIA "preventer," who has recently moved to Los Angeles from Virginia to be more of a dad to his 17-year-old daughter, Kim (Maggie Grace).

The action begins when Kim and her pal Amanda (Katie Cassidy) travel to Paris on vacation, against Bryan's better judgment, and are immediately kidnapped. Bryan learns from his former CIA pals that the girls have been snatched by Albanian pimps, who seek slave prostitutes.

But Bryan, a professional who is the Tasmanian Devil of trackers, tells the kidnappers (via Kim's purloined cellphone): "I will look for you. I will find you. And I will kill you."

The bodies stack up like jets at a busy airport. The pace is frantic, but you never once doubt Neeson as action hero in this role. At 56, he's more than got the chops.

Extras include an extended cut with commentaries by director Pierre Morel, among others.

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**Leo, Kate help Titanic survivor**

Leonardo DiCaprio, Kate Winslet and director James Cameron have donated $30,000 to help the last survivor of the Titanic disaster. FEMALEFIRST.CO.UK

# The truth about Tim

## Lie To Me star Roth warming up to television role

RAFAEL BRUSILOW
for Metro Canada

**Despite a successful film career and a hit television show taking off, British actor Tim Roth fears unemployment more than ever.**

The veteran actor spoke to Metro about joining the TV world with his new show Lie to Me and admitted even with an entire first season almost wrapped up, it's hard to break away from actors' paranoia.

"That fear of unemployment, I think it's part of the makeup of British actors so it hasn't gone away at all for me. I'm always thinking about it," Roth said.

Roth, who turns 48 this month, has made a career out of playing wounded, dark characters on both sides of the moral line, whether in his Academy Award nominated performance as the cruel villain in the historical drama Rob Roy or embodying both revulsion and sympathy as the memorable Mr. Orange in the gangster flick Reservoir Dogs.

Now Roth has taken on the leading role in a brand new crime drama based on the true-life research of celebrated psychologist Paul Ekman, an expert in human body language noted for his prowess at detecting when a person is lying. Roth plays the fictional Dr. Cal Lightman as an expert who uses his uncanny skills at detecting lying to assist police in solving cases.

In real life, Roth says he's no expert on lying but admits lies, especially the little ones we all tell to avoid confrontation or hurting someone's feelings, are sometimes a necessary part of life.

"The thing about lying is that you do it for all kinds of reasons — the idea of telling the truth all the time is quite exhausting. If people are deceiving you, it's often with the best of intentions," he said.

Oscar-nominated British actor Tim Roth plays a psychologist in the TV series Lie To Me.

When it comes to doing television, Roth relishes both the chance to tell a new story every week and the hectic speed at which TV productions move.

"When you're working on a movie, you're working on one story. The goal is broader on TV and you're working on a much faster pace, which I enjoy," Roth said.

Whereas movie productions can offer plenty of time to polish a scene, Roth says television's breakneck pace forces the actor to trust his or her instincts more.

"You don't have much time to rehearse! I have a huge amount of respect for television actors now," Roth said.

Lie to Me has already attracted comparisons to Fox's other cynical-genius-does-good drama, House, and viewership has been steady since the show premiered in January, suggesting Roth's perpetual job-fears might be misplaced once and for all.

### Season finale

- Lie to Me airs Wednesday nights on Global and Fox — catch the season finale tomorrow night.

| TO | Vu | SC | C | | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| primetime 5/12/09 | 265 | 353 | 2 | TVO | Undersea Exp. | Parks | The Agenda With Steve Paikin | | East West 101 | | Around the World | | Agenda-Paikin |
| | 211 | 331 | 3 | GTV | ET Canada | Entertainment | NCIS "Semper Fidelis" | | 90210 "Zero Tolerance" | | Durham County | | News |
| | 215 | 343 | 4 | OMN1 | 2Half Men | The Simpsons | News (N) | | Vivere Il | News (N) | The Simpsons | King of the Hill | Metropia |
| | 210 | 302 | 6 | CBC | TBA | TBA | To Be Announced | | To Be Announced | | CBC News: The National | | The Hour |
| | 214 | 344 | 7 | CITY | Law & Order: SVU | | According-Jim | According-Jim | Rita Rocks | Friends | Curb-Enthsm | Friends | News (N) |
| | 212 | 313 | 8 | CTV | etalk | Hollywood | American Idol | | (9:04) Fringe (N) | | Law & Order: SVU | | News (N) |
| | 218 | 345 | 11 | E! | The Insider (N) | E! News | The Biggest Loser (Season Finale) | | (Live) | | | | News (N) |
| | 137 | 763 | 13 | TFO | Panorama | | Dr Virus et M. Hyde | | *Les Temps qui changent* ★★ (2004, Drame sentimental) | | | | Tournants |
| | - | - | 14 | - | Raymond | Raymond | News (N) | | News (N) | | Two/Half Men | King | Cold Case |
| | 213 | 326 | 15 | SUN | Scrubs | George Lopez | *Four Extraordinary Women* (2006, Drama), George Stults | | | | To Serve and Protect | | Becker |
| | - | 387 | 16 | CBS | Inside Edition | Hollywood | NCIS "Semper Fidelis" | | The Mentalist (HDTV) (N) | | (10:01) Without a Trace (N) | | News (N) |
| | - | 385 | 17 | NBC | The Insider (N) | Entertainment | The Biggest Loser (Season Finale) | | (Live) | | | | News (N) |
| | - | 386 | 18 | ABC | Wheel-Fortune | Jeopardy! (N) | According-Jim | According-Jim | Dancing With the Stars | | (10:02) Cupid (N) | | News (N) |
| | 219 | 346 | 20 | ACH-B | Instant Star | TMZ (N) | Reaper (HDTV) (N) | | Dancing With the Stars | | (10:01) Without a Trace (N) | | News (N) |
| | - | - | 28 | FOX | Judge Judy (N) | Two/Half Men | American Idol | | (9:04) Fringe (N) | | Seinfeld | Two/Half Men | The Simpsons |
| | - | 388 | 61 | PBS | News-Lehrer | Keeping Up | Nova (HDTV) (DVS) | | Frontline (N) (DVS) | | Age of Terror "The Paris Plot" | | Business Rpt. |
| | 297 | 652 | 330 | WPX | Two/Half Men | Family Guy | Reaper (HDTV) (N) | | 90210 "Zero Tolerance" | | PIX News at Ten Tong. | | Two/Half Men |
| | 296 | 654 | 331 | SBK | Wheel-Fortune | Jeopardy! (N) | Dr. Phil (HDTV) | | WBZ News (N) | '70s Show | Frasier | Frasier | Punk'd |
| | 298 | 653 | 332 | TLA | Jamie Foxx | Wayans Bros. | My Wife-Kids | According-Jim | Friends | KTLA News | Two/Half Men | Two/Half Men | Reaper |
| news | 502 | 390 | 26 | NW | CBC News | Newman | The Hour | | CBC News: The National | | CBC News: The National | | BC Votes (Live) |
| | 500 | 500 | 33 | CNN | Lou Dobbs Tonight | | Campbell Brown: No Bias | | Larry King Live (N) | | Anderson Cooper 360 (HDTV) | | |
| | 509 | 504 | 79 | CNB | Kudlow Report | | CNBC Reports (HDTV) | | Big Mac: Inside McDonald's | | On the Money | | Mad Money |
| sports | 405 | 417 | 22 | net | MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto. | | | | | | Sportsnet Con. | Sportsnet Con. | Hockey Central |
| | 400 | 400 | 30 | TSN | NHL Hockey: Eastern Conference Semifinal Game 6 -- Bruins at Hurricanes | | | | | SportsCentre | NHL Hockey: Conf. Semifinal | | |
| | 411 | 457 | 58 | OLN | Bounty Hunter | Bounty Hunter | Departures "Canada" | | Mantracker | | Bounty Hunter | Bounty Hunter | Departures |
| | 417 | 406 | 81 | SC | Pimp My Ride | Pass Time | Countdown to All-Star (N) | | My All Star | My All Star | My All Star | My All Star | Pimp My Ride |
| family | 551 | 542 | 25 | YTV | Survive This | Survive This | Malcolm-Mid. | Futurama | Family Biz | Prank Patrol | Falcon Beach (DVS) | | Mystery Hnt. |
| | 554 | 544 | 45 | TEL | Totally Spies | Total Drama | 6TEEN | 6TEEN | Futurama | American Dad | Robot Chicken | American Dad | Moral Orel |
| | 556 | 540 | 51 | FAM | Wizards-Place | Han. Montana | Zack & Cody | Latest Buzz | Wizards-Place | Life Derek | Ned's School | Cory in House | Zack & Cody |
| | 602 | 567 | 27 | W | Will & Grace | Friends | Remedy Me | Keep Real | Style by Jury | Style by Jury | Miss Naked Beauty (N) | | Maxed Out |
| cable variety | 570 | 580 | 29 | MM | One Tree Hill | | Instant Star | Instant Star | CollegeHmr | Video on Trial | Degrassi: TNG | Degrassi: TNG | One Tree Hill |
| | 615 | 520 | 31 | A&E | CSI: Miami "Dead Air" | | The First 48 "Memphis" | | The First 48 (HDTV) | | The First 48 "Hard Fall" | | Manhunters |
| | 700 | 800 | 35 | TLN | Centrovetrine | Sky TG 24 | Serie A | Magnifica Italia | Nati Ieri | | Raymond | Raymond | George Lopez |
| | 571 | 581 | 36 | MMM | The Daily Fix | | Ranked! | | Hogan Knows | Hogan Knows | Entourage | Gene Simmons | The Daily Fix |
| | 575 | 583 | 38 | CMT | Cross Canada Countdown | | Home Improve. | Home Improve. | Reba | Reba | Hope & Faith | Hope & Faith | Brooks & Dunn |
| | 616 | 521 | 39 | SHO | The Outer Limits | | Mutant X | | *The Last Templar* ★ (2009, Adventure) Mira Sorvino. | | | | House |
| | 620 | 523 | 40 | BVO | SABIAN: The Cymbal Makers | | Live at the Rehearsal Hall | | A Song for Africa AIDS. (N) | | Diana Krall: Union Station | | Law & Order |
| | 601 | 562 | 41 | SLC | Skin Deep | Til Debt-Part | Rich Poor | Rich Poor | Rich Bride, Poor Bride | | Rich Bride, Poor Bride | | ET Canada |
| | 522 | 506 | 43 | HIS | NCIS "Ex-File" | | Sandhogs | | Crime Stories | | NCIS "Ex-File" | | Marine Mach. |
| | 625 | 548 | 44 | COM | Air Farce | Just for Laughs | | Corner Gas | The Simpsons | South Park | Roast of William Shatner | | Daily Show |
| | 600 | 564 | 46 | H&G | House Hunters | Property Virgin | HGTV's Top 10 | Dirty Business | SarahCottage | Design Inc. | House Hunters | House Hunters | Holmes-Homes |
| | 294 | 529 | 47 | TBS | House-Payne | House-Payne | House-Payne | House-Payne | *Unleashed* ★★ (2005, Action) Jet Li, Bob Hoskins. | | | | Seinfeld |
| | 576 | 582 | 49 | BET | 106 & Park | *Inside Man* ★★★ (2006, Suspense) Denzel Washington, Clive Owen. | | | | | College Hill | College Hill | *Inside Man* |
| | 627 | 528 | 50 | SPC | Stargate Atlantis (DVS) | | Star Trek: Voyager | | Torchwood | | Extreme Ghost Stories | | Stargate SG-1 |
| | 581 | 566 | 52 | MTV | Room Raiders | After | Canada's Next Top Model | | Beatdown | College Life | College Life | Beatdown | MTV Live |
| | 618 | 524 | 54 | TROP | Vanity Insanity | Tube Tales | Tube Tales | Seinfeld | Seinfeld | Raymond | Family Guy | Married... With | Seinfeld |
| | 603 | 561 | 56 | FOOD | Chef at Home | French Food | Restaurant Makeover | | The F Word | | Good Eats | Good Eats | Iron Chef Am. |
| | 261 | 394 | 60 | V | Murder, She Wrote | | Watchtower | On the Buses | Quantum Leap | | I Prophesy | Supernatural | Poltergeist |
| | 621 | 527 | 63 | STR | The Ellen DeGeneres Show (N) | | TMZ (N) | etalk | Pretty Wicked | | The Tonight Show-Jay Leno | | TMZ |
| | 553 | 546 | 65 | TRE | Backyardigans | Nght Grdn | Max & Ruby | Franklin | Little Bear | Maggie-Beast | Comfy Couch | Zigby | Max & Ruby |
| | 115 | 711 | 101 | TVA | Qui perd gagne (N) (SC) | | La Fièvre de la danse (SC) | | Nos étés (Partie 7 de 8) | | TVA 22 heures | (10:45) Denis Lévesque | |
| | 126 | 730 | 102 | RDI | 24 Heures en 60 minutes | | Grands reportages (SC) | | Le Téléjournal (SC) | | RDI en direct | Le National | Le Téléjournal |
| | 526 | 507 | 249 | VIVA | Judging Amy | | Missing "John Doe" | | Missing "Phoenix Rising" | | Encounters | In Dreams | Psychic Inv. |
| | 300 | 601 | 301 | M1 | (7:15) *Desperate Escape* (2009, Suspense) | | | | *Grindhouse* ★★★ (2007, Horror) Kurt Russell, Rose McGowan. | | | | |
| | 305 | 612 | 306 | PIX | *Lethal Wpn 2* | *Jacob Two Two Meets the Hooded Fang* | | | *Wayne's World* ★★ (1992, Comedy) | | | (10:40) *Wayne's World 2* | |

## critics' corner

**Torchwood**
Owen, resurrected from the dead but not really alive, meets a suicidal woman on the roof of an apartment building. In flashbacks, he tells her of helping the team investigate some odd energy spikes coming from a home and retrieving an alien device called the Pulse, which is about to explode in "A Day in the Death." 9 PM on SPC

**NCIS**
A security breach at the SecNav's residence during a secret meeting results in the death of an ICE agent, forcing Gibbs and his team to work with ICE and the FBI to find the killer. Tony finally comes face to face with Michael Rivkin in the new episode "Semper Fidelis." 8 PM on GTV CBS

**Fringe**
A person with close ties to the Fringe Division is attacked suddenly and unexpectedly. David Robert Jones returns, while Walter inexplicably disappears in the season finale, "There's More Than One of Everything." 9:04 PM on CTV FOX


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**No babies for Bullock**
Sandra Bullock isn't sure she and husband Jesse James will have kids. "You don't have to give birth to someone to have a family. I'm not going to spend two seconds of my life wishing I had something I don't," she tells Harper's Bazaar. **USMAGAZINE.COM**

## Celebrity Buzz

# Farrah opens up about cancer

**REFLECTION** One thing Farrah Fawcett would have appreciated during the course of her very public, battle with cancer: Privacy. But that is the one thing she never received, people.com reports.

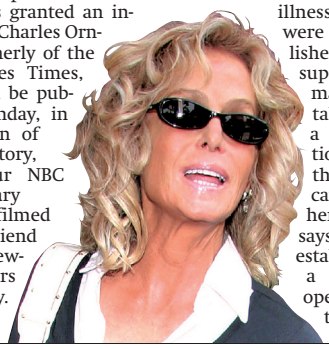
"It's much easier to go through something and deal with it without being under a microscope," says the terminally ill star, 62. "It was stressful. I was terrified of getting the chemo. It's not pleasant. And the radiation is not pleasant."

Speaking to a reporter for the first time since she was diagnosed with anal cancer in September 2006, the actress granted an interview to Charles Ornstein, formerly of the Los Angeles Times, which will be published Monday, in anticipation of Farrah's Story, a two-hour NBC documentary Fawcett filmed with her friend Alana Stewart. It airs this Friday.

Her harshest words were saved for the often-exaggerated stories about her illness that were published by a supermarket tabloid, a situation that caused her, she says, to establish a sting operation at the UCLA Medical Center to catch snooping employees who were leaking information about her condition to the publication.

Reacting to a December 2006 story headlined, Farrah Begs: 'Let Me Die,' Fawcett, speaking in her home, told the Times: "God, I would never say something like that. To think that people who did look up to me and felt positive because I was going through it too and yet I was strong ... it just negated all that."

METRO NEWS SERVICES



## Did Susan say no to Obama?

**SHE'LL REGRET THAT** Britain's Got Talent phenomenon Susan Boyle is getting so famous so fast that she's even had to turn down some pretty impressive invitations.

According to the News of the World, U.S. President Barack Obama reportedly invited Boyle to attend a dinner at the White House, but she refused. "She was shocked and thrilled by the invite, but it was all too much too soon for her so she said, 'No.' She has been told President Obama has seen clips of her on TV and loved her singing. And she is delighted," a source tells the newspaper.

"Instead she'll have no doubt stayed in with her cat Pebbles."

METRO WORLD NEWS

## Boy George freed early?

**LIGHT PUNISHMENT** Eighties singer Boy George is reportedly set to leave jail after completing just four months of his 15-month sentence, femalefirst.co.uk reports.

The former Culture Club frontman — real name George O'Dowd — was convicted in December of chaining up a male escort at his east London apartment in April 2007.

But after impressing authorities at Edmunds Hill jail in Suffolk, England with his good behaviour, the star is said to have been approved for release.

The 47-year-old will be fitted with an ankle monitoring tag and will have to adhere to a curfew, according to the website.

METRO NEWS SERVICES

GETTY IMAGES

## Kiefer breaks weeklong silence

**TALKING BACK** After a week of silence, Kiefer Sutherland's lawyer released a statement yesterday, asserting the actor was not to blame for allegedly head-butting a fashion designer, people.com reports.

"We are troubled by the untruthful and self-serving information circulating regarding Kiefer Sutherland and events of last Monday evening," lawyer Michael C. Miller said.

"We are confident, however, that the investigation being conducted ... will confirm that Kiefer Sutherland was neither the instigator nor a wrongdoer in this incident."

The statement noted that "out of respect for this law enforcement process," the actor "will not be making any comment."

The statement didn't specify what information Sutherland's attorney considered untruthful. But the alleged victim, Jack McCollough, has spoken out several times, saying he has a broken nose and required surgery.

McCollough's rep said the designer "was the victim of a vicious, violent, unprovoked assault" by Sutherland, 42, who was charged with third-degree assault in connection with the incident. He will be arraigned June 22 at Manhattan Criminal Court.

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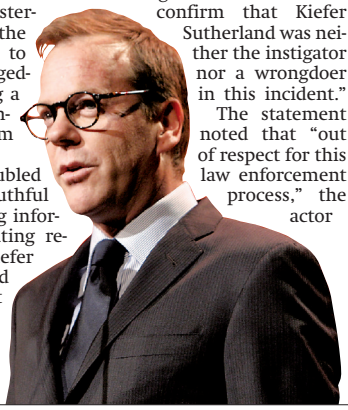
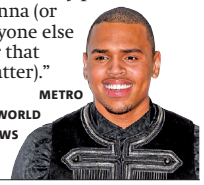


## Chris denies he's behind alleged Rihanna nudes

**BELIEVABLE?** Naked photos allegedly of Rihanna were leaked online recently, but Chris Brown wants everyone to know that he wasn't the culprit.

"This is both a false and defamatory statement," a Brown rep said in a statement, according to TMZ. "Chris has not released or 'leaked' any photos of Rihanna (or anyone else for that matter)."

METRO WORLD NEWS



## Jamie Lynn's injured boyfriend back at it

**BOUNCING BACK** Less than two weeks after being thrown from his pick-up after a late-night bachelor party, Jamie Lynn Spears' boyfriend, Casey Aldridge, stood as best man at his cousin's weekend wedding in Mississippi, a source tells People.

"He had the weakness of having been in bed and still trying to get his feet under him," the source says. "It was outside, it was hot, but he did okay. It's just going to take him a few weeks to get better."

Another source says Aldridge was limping and walking slowly. "He was not very animated," the source said. "He is usually quite lively, but he seemed lethargic."

Aldridge, 20, flipped his truck on April 26, causing him and two of his four passengers to be thrown from the vehicle. He suffered head trauma but no apparent brain injury.

METRO NEWS SERVICES

## Jennifer's daughter has medical scare

**MOM'S WORST FEAR** Jennifer Lopez feared her daughter Emme was seriously ill, femalefirst.co.uk reports.

The singer-and-actress — who raises 15-month-old twins Max and Emme with her husband Marc Anthony — was terrified after discovering a lump on her daughter's head when she was just three weeks old.

She told E!: "We both got very nervous, very, very nervous, and I just remember my heart sinking to my feet. I looked at Marc and I said, 'You know if anything happens, I'm not going to be OK, you know that right?'

"Luckily in the end, she turned out fine."

The incident forced her to think about those less fortunate than herself, Lopez says. "I started to wonder, what if I couldn't afford a doctor, or receive the medicines, the procedures?"

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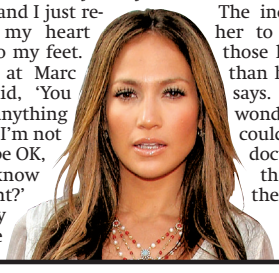

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Today: Partly cloudy 17°/ 6°
Wednesday: Partly cloudy 20° / 10°
Thursday: Rain 80% 17°/ 5°

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# Take Five

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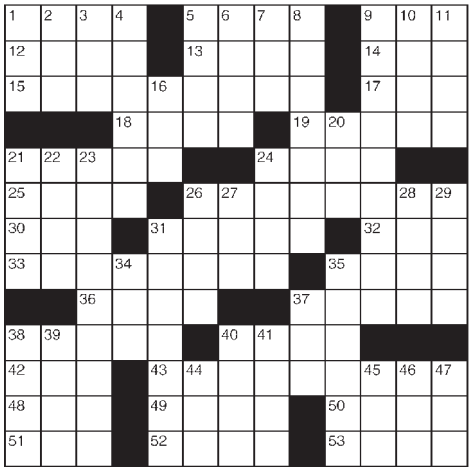

## Crossword across

1 "Family —"
5 Revlon rival
9 Scoundrel
12 Relaxation
13 Diner's card
14 Wish otherwise
15 Grouped together
17 Coulter or Curry
18 Nevada city
19 Vile
21 Eco-friendly
24 Unuttered "alas"
25 Incense
26 Encased, in a way
30 Hockey venue
31 Picture puzzle
32 Geologic period
33 Sank, as a billiard ball
35 "Hey, you!"
36 Twitches
37 Starbucks order
38 God
40 Harbour structure
42 U.N. workers' grp.
43 Played a bat-and-ball game
48 Chap
49 Welsh vegetable
50 Protuberance
51 Type measures
52 Vortex
53 Animated figure

## Crossword down

1 Shortest of the 12 (Abbr.)
2 Corn spike
3 "Born in the —"
4 Edict
5 Congregation's cry
6 Kill a bill
7 Inseparable
8 Pests
9 It often involves a dummy
10 One of the kin
11 Say it isn't so
16 Understanding
20 Census statistic
21 Stagehand
22 Puerto —
23 November events
24 Missile type
26 "West Side Story" gang
27 Honest politician?
28 Formerly, formerly
29 Appointment
31 Honour Earth Day, in a way
34 DIY buy
35 Progenitor
37 Albanian money
38 It ain't worth a nickel
39 Verve
40 Multicolored
41 Gross
44 Roulette bet
45 Additionally
46 Tokyo's old name
47 Lair

## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 2 | 1 | | 4 | | | |
| | 6 | | | | | 1 | 5 | |
| 7 | 3 | | | | 5 | 9 | | |
| 8 | | 3 | 9 | | | | 6 | |
| | | | | 5 | | | | |
| | 2 | | | | 7 | 5 | | 1 |
| | | 5 | 2 | | | | 4 | 9 |
| | 8 | 9 | | | | | 3 | |
| | | | 8 | | 6 | 2 | | |

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 4 | 6 | 8 | 2 | 7 | 3 | 5 | 9 |
| 9 | 8 | 3 | 6 | 5 | 1 | 2 | 4 | 7 |
| 7 | 5 | 2 | 3 | 4 | 9 | 6 | 1 | 8 |
| 6 | 7 | 4 | 5 | 9 | 2 | 8 | 3 | 1 |
| 5 | 2 | 9 | 1 | 3 | 8 | 4 | 7 | 6 |
| 3 | 1 | 8 | 7 | 6 | 4 | 9 | 2 | 5 |
| 8 | 3 | 7 | 2 | 1 | 6 | 5 | 9 | 4 |
| 4 | 6 | 5 | 9 | 7 | 3 | 1 | 8 | 2 |
| 2 | 9 | 1 | 4 | 8 | 5 | 7 | 6 | 3 |

Find today's answers + play more games at metronews.ca

**SUDOKU SOLVE TIME:**

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

## Metro Recipe of the Day

### Nutty Spinach and Mushroom Frittata

**INGREDIENTS:**

1 pack (250 g) young spinach leaves
Small bunch of fresh parsley
2 tbsp (25 ml) olive oil
1 small onion
3/4 lb (335 g) small button mushrooms
3/4 cup (175 ml) roasted cashew nuts
5 medium eggs
Salt and black pepper
3 oz (85 g) Parmesan cheese

**METHOD:**

1. Preheat broiler to high. Rinse and dry spinach and parsley; chop enough parsley for 2 tbsp (25 ml); set aside.
2. Heat oil in large frying pan. Halve, peel and finely chop onion. Fry over moderate heat, stirring, until soft, 3–4 minutes.
3. Clean and quarter mushrooms; add to chopped onion and fry, stirring frequently, 3–4 minutes.
4. Add spinach and cook over fairly high heat, stirring frequently, until leaves have wilted and excess liquid has evaporated, 3 to 4 minutes. Stir in cashews and reduce heat to low.
5. Break eggs into bowl. Add 2 tbsp (25 ml) cold water and chopped parsley. Add seasoning and beat together.
6. Pour egg mixture into spinach. Cook 5 minutes until egg is just set and golden underneath, lifting edges to let uncooked egg run underneath.
7. Grate cheese, sprinkle over top and broil 2–3 minutes, until fritatta is golden.

**SERVES 4**

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

## Horoscopes by Sally Brompton

sallybrompton.com

**ARIES**
MARCH 21-APRIL 20
A bit of teamwork now will bring huge dividends later, so put any personal animosities behind you and work together for the good of the cause.

**TAURUS**
APRIL 21-MAY 21
You may encounter an unexpected and unwelcome setback today but there is no need to worry because you will be up and running again in no time.

**GEMINI**
MAY 22-JUNE 21
It's great you believe in yourself, but your reputation could suffer today if you make out you can accomplish something that proves too much for you.

**CANCER**
JUNE 22-JULY 22
If you want to move up in the world you'll have to start working more closely with people who can help turn your vague ambitions into realities.

**LEO**
JULY 23-AUG 23
Everything seems to be coming easy to you at the moment and that could become a problem if you find it hard to motivate yourself.

**VIRGO**
AUG 24-SEPT 22
Sweep away everything that's gone before and start again. You've accumulated a lot of baggage over the past year; it will feel good to get rid of it.

**LIBRA**
SEPT 23-OCT 23
Whether you feel good or bad about what you have to say is less important than ensuring others know you're being open about emotions and ambitions.

**SCORPIO**
OCT 24-NOV 22
You need to stop thinking in terms of winning and losing. Life is not a zero sum game: someone else does not have to lose just so that you can win.

**SAGITTARIUS**
NOV 23-DEC 21
It's not like you to be modest about achievements but you seem to be keeping a low profile about a particular triumph; you won't be in the shadows long.

**CAPRICORN**
DEC 22-JAN 20
Don't be afraid to push a bit harder today, especially if you took it easy yesterday. And don't hesitate to demand more from those you live and work with.

**AQUARIUS**
JAN 21-FEB 18
There are so many distractions in your life now you could lose sight of your number one aim. Have fun, but make sure you're moving toward your goal.

**PISCES**
FEB 19-MARCH 20
The more others pressure you to make a quick decision about something today the more you must insist on thinking it through. Will it benefit you?

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## WORDY GURDY®

BY TRICKY RICKY KAHN

1. Actor Beatty suffered from a cut (1)
2. Frodo's friend's candied veggies (1)
3. Move a bar to secure a sub entryway (1)
4. Discard an atlas page (1)
5. Merriment attribute (3)
6. Talking up a day excursion (2)
7. The U.K.'s hand warmers in winter (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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ANSWERS
1. NED BLED 2. SASS VASS 3. LATCH HATCH 4. SCRAP MAP
5. JOLLITY QUALITY 6. TOTTING OUTING 7. BRITAINS MITTENS

## This day in history

MAY 12, 1870: The Manitoba Act is given the Royal Assent, paving the way for Manitoba to become a province of Canada on July 15.
MAY 12, 1885: North-West Rebellion: the four-day Battle of Batoche, pitting rebel Métis against the Canadian government, comes to an end with a decisive rebel defeat.
MAY 12, 1958: A formal North American Aerospace Defense Command agreement is signed between the United States and Canada.

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